



Self-quarantine in Western Australia to prevent the spread of COVID-19

If you have been given a self-quarantine direction or have been identified as a close contact of a person diagnosed with COVID-19, you must self-quarantine under section 67 of the *Emergency Management Act 2005 (WA)*. This is important to protect your family, friends and the Western Australian community.

Travellers directed to accommodation provided by the WA government will be given specific information on arrival at their allocated location.

What does self-quarantine mean for you, your family or other people you live with?

If you have been identified as someone who needs to self-quarantine, you must immediately go to your home, hotel room, or other accommodation and self-quarantine for 14 days even if you are perfectly well with no symptoms. During your period of self-quarantine, you should not allow any visitors into your home, hotel room or other accommodation.

I live with others and am in quarantine at my home. How do I quarantine?

- Stay in your own room.
- Use a separate bathroom, if you can.
- Stay at least 1.5 metres away from others. Minimise close contact with others in your house.
- Cover your mouth when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow. Place used tissues in the bin.
- Wash your hands regularly.
- Clean your house/accommodation frequently, especially things that people touch often e.g. phone, light switches, the TV remote control, door handles and communal areas.
- Wash cups, dishes or cutlery after use or put them in the dishwasher.

Can my housemates/family/children go shopping, to work or to school?

- If they normally live there, they can still live with you. They can continue their daily activities as normal.

I am staying at a hotel. How do I quarantine?

- You should let the hotel know that you are in self-quarantine.
- You must stay in your room and must not use any of the hotel facilities.
- You must not allow visitors into your hotel room. This includes hotel staff.

Is anyone allowed into my hotel room?

The only visitors you can have are:

- People entering for medical or emergency purposes.
- Visitors specified in your direction, if applicable.

Can I go outside?

You can only go outside if:

- You have a garden, courtyard or balcony attached to your house/accommodation.
- You need to seek urgent medical treatment at a hospital for yourself or someone who you live with. If you need to attend hospital call ahead to inform them you are in quarantine, travel to the hospital by ambulance, and inform staff immediately when you arrive.
- To escape a threat to your safety or the safety of someone who you live with. If this happens make sure you let WA Police know on 131 444.
- The terms and conditions in your direction allow you to go outside e.g. to go to work, visit a sick relative, attend a funeral.

You must not go to the shops, walk the dog or undertake exercise in a public or communal place.

Close contacts of a confirmed COVID-19 case

People who are close contacts of confirmed cases must self-quarantine in their own home or other suitable accommodation for 14 days since their last contact with the positive case. If they remain well, they may return to their normal activities on day 15.

What to do if you become unwell while you are in self-quarantine

- If you require urgent, immediate medical help at a **hospital** (e.g. difficulty breathing), you are permitted to leave your home. Call 000 and let them know you are quarantine due to COVID-19.
 - It is recommended that you call WAPOL on 131 444 to inform them that you are in quarantine and need to leave to attend hospital.
- If you are **not** travelling by ambulance to hospital it is recommended that you:
 - Call WAPOL on 131 444 to inform them that you are in quarantine and are required to leave to attend hospital.
 - Call the hospital before you arrive to inform them you are in quarantine and inform hospital staff immediately on arrival.
 - Wear a mask, maintain a distance of 1.5metres from others, practise good hand hygiene and cough etiquette.

If you become unwell with **symptoms of COVID-19** such as a cough, sore throat, runny nose or fever whilst in self-quarantine you must contact the Public Health Emergency Operations Centre (PHEOC) on 1300 316 555 (8am-5pm, 7 days a week) or 13 268 43 out of hours, to report that you are unwell as soon as possible for advice. Let them know why you are in self-quarantine. You are not permitted to leave your home until you have contacted this number and have been directed by a responsible officer to do so.

If you are directed to attend a COVID-19 clinic for testing:

- You do not need to phone ahead
- You must travel to the COVID clinic that is nearest to you and by the most direct route available and without stopping except as required by law or necessary for fuel or rest.

- You must travel to and from the COVID clinic by
 - private vehicle, taxi, or rideshare service; or
 - walking provided that
 - the COVID clinic is located within 2 km of the place where you are under quarantine; and
 - you take all reasonable steps to keep at least 1.5m away from any other person whilst walking to and from the COVID clinic.
- You must not use public transport such as a bus or train
- You **must** wear a face mask if available and appropriate from the time you leave the place where you are in quarantine, until you return to that place.
- Maintain a distance of 1.5 metres from others, practice good hand hygiene and cough etiquette.
- Once you are no longer required to remain at the COVID Clinic, you must travel as soon as possible and by the most direct route available, without stopping except as required by law or necessary for fuel or rest, to the place where you have been directed to self-quarantine.

Implications for people who do not comply with the requirement to self-quarantine.

The WA government takes the health and wellbeing of the community very seriously. Directions under the Emergency Management Act 2005 have been issued which must be followed. A person who does not comply with the directions is subject to a fine of up to \$50,000 for individuals and \$250,000 for bodies corporate.

We acknowledge that self-quarantine and self-isolation are an inconvenience, however, these measures are required to stop the spread of COVID-19.

We thank you for your cooperation.

Websites where you can find more information

www.health.wa.gov.au/coronavirus

www.healthywa.wa.gov.au/coronavirus

www.who.int/health-topics/coronavirus

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This document can be made available in alternative formats on request for a person with disability.

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