



# Self-isolation in Western Australia to prevent spread of COVID-19

**You have been identified as someone who requires self-isolation to prevent the spread of COVID-19. All people arriving into Western Australia, by air, sea, rail or road, from 1:30 pm (WST) Tuesday 24 March 2020 are required to self-isolate for a period of 14 days from arrival to prevent the spread of COVID-19 (novel coronavirus) in Western Australia.**

**Self-isolation for people entering Western Australia is a precautionary measure, and an effective measure to protect your family, friends, work colleagues and the community from possibly contracting COVID-19.**

## Implications for people who do not comply with requirement to self-isolate

The government of Western Australia (WA) takes the health and wellbeing of the community very seriously. The WA government has issued Directions under the *Emergency Management Act 2005* which have to be followed (<https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/coronavirus-covid-19-state-of-emergency-and-public-health-directions>). 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.

## What does self-isolation mean?

You must immediately go to your home, hotel room, or other accommodation and self-isolate for 14 days. If you are at home, only people who usually live in your household should be with you. You should minimise close contact with them by avoiding situations where you have face-to-face contact closer than 1.5 metres. You should stay in an area of the home away from others (preferably with your own bathroom, living and sleeping area) to protect other household members. During this time, you should not allow visitors into your home, hotel room or accommodation. You are asked not to leave your property – not to go to the shops, walk the dog or undertake exercise. If you live in a private house or apartment, you can go into your own garden or onto your own balcony.

You should not share dishes, drinking glasses, cups, eating utensils, towels, pillows or other items with other people in your home. After using these items, you should wash them thoroughly with soap/detergent and warm water or place them in the dishwasher for cleaning.

## How do I self-isolate when I need to transit if arriving by air?

If you need to transit by air, you may complete this transit and then begin your precautionary 14-day self-isolation period. If you have a layover, you must remain at the airport or in self-isolation in your accommodation for the transit period.

## How long should you stay in self-isolation?

If you remain well for the 14-day period, you may then return to your normal activities on day 15.

## What does this mean for your family or other people you live with?

Other people who live in your home do not need to self-isolate and can go about their usual activities provided the above precautions are followed. If possible, they should avoid being in the same room as you.

## Work requirements and home isolation

You can work from home, but you are not permitted to enter your workplace while under self-isolation. Workplaces are advised that people under self-isolation do not require a medical certificate while they are in home isolation. You are encouraged to discuss your circumstances with your employer on how to manage your work commitments.

## How to manage while in home isolation

Ask your family/friends/others for assistance, such as to obtain groceries or replace medication. You may also consider using on-line shopping to order groceries and contacting your local pharmacy directly to organise supply of regular medication. Ask people making deliveries to your home/accommodation to leave the items at the door or in your letterbox. If you are unable to access food, medication or other essential items during home isolation via family, friends or on-line shopping, contact 1800 032 965.

## What to do if you become unwell while you are in home isolation

If you require urgent medical assistance call 000 and let them know you have been in self-isolation due to COVID-19. If you become unwell, you should attend your nearest COVID-19 clinic ([https://healthywa.wa.gov.au/Articles/A\\_E/COVID-clinics](https://healthywa.wa.gov.au/Articles/A_E/COVID-clinics)). If you are in a regional area, you should go to a public hospital, health service or remote health clinic. Call ahead and let them know you have been in self-isolation due to recently arriving in WA. Go directly to the testing location from your place of residence and return immediately home. You should remain in self-isolation until a test result is received.

Other household residents can undertake their normal activities while you are waiting for your test result.

## What to do if your COVID-19 test is negative

If your test result is negative, you will be required to remain in self-isolation until your 14-day period is up. You can resume normal activities on day 15.

## What to do if your COVID-19 test is positive

If you have a positive COVID-19 test result, you are to remain in self-isolation until you recover and are cleared by the Department of Health to resume your normal activities. An interview will be conducted to determine if you have been in close contact with others in your household or outside your home, while you were infectious, as these close contacts need to self-isolate for 14 days. If close contacts then become unwell, they must follow the steps above.

**Thank you for your cooperation**

We acknowledge that self-isolation is an inconvenience, however, these measures are required to stop the spread of COVID-19. The Department of Health will request that relevant authorities investigate people who do not comply with home isolation.

## Websites where you can find more information

[health.wa.gov.au/coronavirus](https://health.wa.gov.au/coronavirus)

[healthywa.wa.gov.au/coronavirus](https://healthywa.wa.gov.au/coronavirus)

[www.who.int/health-topics/coronavirus](https://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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[health.wa.gov.au](https://health.wa.gov.au)