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

You have been identified as someone who requires self-quarantine to prevent the spread of COVID-19 (novel coronavirus).

This is because you have been:
- in, or have transited through, a location that meets the home quarantine requirements as determined by the Australian Government, or
- in close contact with a confirmed case of COVID-19.

What does self-quarantine mean?
Self-quarantine means you must stay in your home, hotel room, or other accommodation. If you are at home, only people who usually live in your household should be with you. 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. If you live in a private house or apartment you can go into your own garden or onto your own balcony.


How long should you stay in self-quarantine?
You must stay in your place of quarantine, and not go out, for 14 days (or the time advised by the doctor).

Date when your self-quarantine finishes: ________________________

What does this mean for your family or other people you live with?
Other people who live in your home can go about their usual activities. If possible, they should avoid being in the same room as you.

Work requirements and home quarantine
You can work from home, but you are not permitted to enter your workplace while under self-quarantine.

Workplaces are advised that people under self-quarantine do not require a medical certificate while they are in home quarantine. You are encouraged to discuss your circumstances with your employer on how to manage your work commitments.
How to manage while in home quarantine

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 quarantine via family, friends or on-line shopping, contact your local Public Health Unit who will refer you to the appropriate agencies. Contact details for Public Health Units are below.

What to do if you become unwell while you are in home quarantine

If you become unwell, contact your doctor or your local Public Health Unit for advice. Let them know you are in self-quarantine due to possible COVID-19 exposure. Call ahead if you are going to a doctor or hospital emergency department as you will need to wear a mask and be kept away from other people. If you require urgent medical assistance call 000.

Contact details for Public Health Units

<table>
<thead>
<tr>
<th>Your residential postcode</th>
<th>Public Health Unit</th>
<th>Telephone</th>
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<tbody>
<tr>
<td>6000–6040, 6045–6090, 6100–6215, 6556–6558, 6953–6992</td>
<td>Metropolitan Communicable Disease Control</td>
<td>9222 8588 or 1300 62 32 92</td>
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<tr>
<td>6429-6438, 6440-6452, 6646</td>
<td>Goldfields</td>
<td>9080 8200</td>
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<tr>
<td>6316–6373, 6394–6397</td>
<td>Great Southern</td>
<td>9842 7500</td>
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<tr>
<td>6725–6743, 6765–6799</td>
<td>Kimberley</td>
<td>9194 1630</td>
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<tr>
<td>6710–6723, 6751–6762</td>
<td>Pilbara</td>
<td>9174 1660</td>
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<tr>
<td>6218–6290, 6398</td>
<td>South West</td>
<td>9781 2359</td>
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We acknowledge that self-quarantine 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 quarantine.

Thank you for your cooperation

Websites where you can find more information

health.wa.gov.au/coronavirus
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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health.wa.gov.au