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

Information for close-contacts and travellers who need to self-isolate

Who needs to self-isolate?
All people arriving into Western Australia (WA) in the last 14 days (by air, sea, rail or road) are required to self-isolate for a period of 14 days from arrival to prevent the spread of COVID-19 (novel coronavirus) in WA UNLESS an exemption applies:

- People arriving in WA from interstate must self-isolate in their home (or other suitable accommodation).
- People arriving in WA from overseas are subject to mandatory self-isolation in accommodation which will be provided by the WA government.

All people who have been identified as close-contacts of a confirmed COVID-19 case must self-isolate in their home (or other suitable accommodation) for 14 days since the last contact with the confirmed case.

Implications for people who do not comply with the requirement to self-isolate
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 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?
If you have been identified as someone who needs to self-isolate, you must immediately go to your home, hotel room, or other accommodation and self-isolate for 14 days even if you are perfectly well with no symptoms. You must not leave your accommodation. You must not to go to the shops, walk the dog or undertake exercise in a public or communal place.

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. 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.

If you are in a hotel you must stay in your room and must not use any of the hotel facilities. If your accommodation has a private garden or private balcony you may use these areas.

During your period of self-isolation, you should not allow any visitors into your home, hotel room or other accommodation.

Self-isolation for people entering WA is a precautionary and effective measure to protect your family, friends, work colleagues and the community from possibly contracting COVID-19.
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. If you develop symptoms and become a confirmed COVID-19 case your family may need to self-isolate. Your Public Health Unit will advise you.

Work requirements and self-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 self-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 self-isolation via family, friends or on-line shopping you can contact the Department of Communities on 1800 032 965 for assistance.

Medical and welfare assistance for people in self-isolation
- If you need welfare assistance (e.g. food, medication, other essential items) phone Department of Communities on 1800 032 965
- If you need emergency dental assistance phone 0429 441 162
- If you need mental health assistance phone Beyond Blue on 1300 224 636
- If you need emergency medical assistance phone 000
- For other medical assistance contact your General Practitioner (GP). If your GP is not able to assist, contact an after-hours GP telehealth service - https://ww2.health.wa.gov.au/~media/Files/Corporate/general%20documents/Infectious%20diseases/PDF/Coronavirus/COVID19-Medical-and-welfare-support-after-hours-GPs.pdf

What to do if you become unwell while you are in home isolation
If you become unwell, you should attend your nearest COVID-19 clinic - https://healthywa.wa.gov.au/Articles/A_E/COVID-clinics for testing. If you are in a regional area where COVID clinics are not available, 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 home immediately after to continue your self-isolation.

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

If you require urgent medical assistance call 000 and let them know you have been in self-isolation due to COVID-19.
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 will also need to self-isolate for 14 days.

We acknowledge that self-isolation is 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.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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