

# When do I need to self-isolate?



Self-isolation or home-isolation means you must stay in a separate room or space at home and follow the public health advice. It can be difficult to self-isolate when you live in a large family. Remember, you can call your AMS and ask about accommodation support to help you or your family self-isolate.

## Do you have cold or flu-like symptoms?

Yes	No
Keep a safe distance from people in your home. Call your AMS or go to your local Respiratory Clinic to get tested for COVID-19.	Practice Social Distancing. Stay Home as much as possible.

## Have you been to a COVID-19 exposure site?

Yes	No
Check NSW Health public health orders for that site, in some instance you may have to test and isolate for 14 days even if your test is negative.	Practice Social Distancing. Stay Home as much as possible.

## Have you returned from overseas?

Yes	No
You must self-isolate in a hotel for 14 days.	Practice Social Distancing. Stay Home as much as possible.

## Have you been in close contact with someone who has COVID-19?

Yes	No
You must self isolate at home. Your AMS and local Public Health Unit (PHU) will call you to find out more, and share information on what you need to do next to keep you and your family safe.	Practice Social Distancing. Stay Home as much as possible.

## Have you been tested for COVID-19?

Yes	No
You must self isolate at home until you get your test result.	Practice Social Distancing. Stay Home as much as possible.

## Is your test for COVID-19 positive?

Yes	No
Stay in home isolation. Your AMS and PHU will contact you to notify you of the POSITIVE result, explain what happens next, and help identify your close contacts.	If your test is negative for COVID-19, but you still have symptoms, stay home until you are well for 24 hours.
If your symptoms are mild and you can safely self-isolate, you may be able to stay at home. Your AMS and PHU can help with supporting you in the community.	If your test is negative for COVID-19 AND you are a returned traveller or a close contact, stay home until your 14 days of self-isolation is complete and you are well for 24 hours.
If you become sicker you may need to go to hospital. In a health emergency call 000 for an ambulance. To speak to a nurse about your symptoms, you can call 1800 020 080 for free, 24/7.	Everyone should practice social distancing, even when your isolation is complete. This means staying at home as much as possible and keeping a safe distance from others.

