

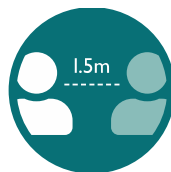
Being in home quarantine: the main points

This sheet provides the **main points** about being in **home quarantine** for **travellers**. Details are at www.coronavirus.tas.gov.au

Any time you are not sure what you can do or need help, check the website or phone **1800 671 738**.



**Stay home.
No visitors**



Stay apart.



**Cover coughs and
sneezes.**



**Wash your hands
well, often.**



**Look out for
symptoms.**

If you've been in a place that's high or medium risk for COVID-19, you need to stay at home or another suitable place, away from other people. There's a small chance you could get COVID-19 in the 14 days after being in that place.

You must stay away from other people to stop COVID-19 spreading.

You must **stay at home** for 14 days from your arrival in Tasmania, or for the time Public Health tells you to stay at home.

Stay at home **all that time** even if you feel well. You can spread COVID-19 before you get sick.

Stay at home **all that time** even if you have a negative test result. You might get a positive result later.

If you leave your home, you could put others at risk. You could be fined or face time in jail.

No visitors

While you are in quarantine, you **must not have visitors**, even if they are in quarantine too. People can leave items on your doorstep. Don't open the door to them. The only people allowed in your home are people that live there and emergency workers in an emergency.

The people you live with need to take care

The people you live with do not need to stay at home unless you get COVID-19 or they are told to.

They cannot have visitors at home, even outside. It's best if they avoid large events and download the Check-in Tas app.

Look out for symptoms

Look out for cold or flu symptoms, shortness of breath and loss of taste or smell. If you get any symptoms, even *mild*, phone **1800 671 738**. If it gets hard to breathe, call **000** for an ambulance.