

## IMPORTANT INFORMATION FROM QUEENSLAND HEALTH

Dear community member,

You have been identified as testing positive to COVID-19.

To help limit the spread of COVID-19 you must self-isolate for 7 days from the date of your positive test. If you are caring for yourself in the community and you have had no symptoms on days 6 and 7, you may leave isolation after day 7. Otherwise, please continue to isolate until you have had no symptoms for 48 hours. If you have a persisting mild dry cough that is not getting worse, you are able to follow the advice for people with no symptoms. You do NOT need to be tested for COVID-19 prior to leaving isolation. For an additional 7 days after leaving isolation, you should wear a mask when outside your home, and avoid visiting aged care facilities, disability care facilities and hospitals (unless to seek treatment).

If you are being cared for in hospital or under the virtual care of Metro North Health, your treating doctor will advise when you are no longer required to isolate.

Your compliance with this direction is mandatory and will help to limit the spread of COVID-19 in the community.

### **During your period of self-isolation in the community, you are required to:**

1. Remain in your place of self-isolation (usually your home) at all times, even if you are fully vaccinated or feel well. This means you must not attend work or school, use public transport, or go to any public places. You are only allowed to leave your home or accommodation for urgent medical care or in an emergency (including to avoid injury or escape the risk of harm from domestic violence).
2. Separate yourself from others at home as much as possible. For example,
  - a. Use separate sleeping and bathroom facilities
  - b. Stay in a room away from others and avoid shared areas
  - c. If you must move through common areas, wear a mask while you do so
  - d. Ensure household items, such as dishes and towels, are thoroughly cleaned with detergent and water before being used by others
3. Practice good hand and respiratory hygiene
4. Do not let anyone into your place of self-isolation unless they usually live with you, are required to provide medical care or are entering for an emergency

If you need to leave your place of self-isolation for any of the permitted reasons, you should travel by private vehicle, ride or walk. You must wear a face mask, stay 1.5m away from anyone else, travel directly to and from where you need to go and self-isolate in suitable accommodation as soon as possible.

Further information about self-isolating:

[Home isolation if you have COVID-19](#)

**If you are looking after your own health in the community and become unwell:**

- If you become seriously unwell during your self-isolation (difficulty breathing, significant chest pain, collapse or fainting), call an ambulance on 000 and tell them you are a case of COVID-19.
- If you have a medical concern unrelated to COVID-19 or you are mildly unwell and feel you need to seek medical attention, please seek a phone consultation or ring ahead to the medical practice and alert them that you are a case of COVID-19 so they can advise and prepare for your visit.
- If you have a question about your COVID-19 related illness you can ring 134 COVID (13 42 68) or 13HEALTH (13 43 25 84) or your own doctor.

If you are in hospital or under the virtual care of Metro North Health, your treating team will advise on what you should do if you begin to feel more unwell.

**All other members of your household are close contacts and must quarantine at home. Please ensure they understand the following:**

Quarantine period: If your household member has just recovered from COVID-19 and completed their isolation period, they do not need to quarantine again. All other household members must quarantine for 7 days from the date of your positive test. If they remain well, with no symptoms, and a test on day 6 is negative, they may then exit quarantine. For an additional 7 days they should wear a mask when outside the home, monitor for symptoms and test again if they develop symptoms, and avoid visiting aged care facilities, disability care facilities and hospitals (unless to seek treatment).

Testing: Your household members should be tested on day 6 of their quarantine, as well as if they become symptomatic. Rapid antigen tests (RAT) or PCR may be used for this testing. A positive RAT or PCR test means they also have COVID-19. Please use drive through testing facilities for these tests if possible and travel via private vehicle. If private vehicle is not possible, close contacts may travel by taxi or ride share in the back seat on the passenger side, wearing a mask and with the windows down.

**Further information and resources to support you during self-isolation can be found on the next page.**

**This letter is proof of your requirement to isolate for 7 days or until you are well or until advised by your treating doctor.**

Thank you for your role in helping to limit the spread of illness in these challenging times.

Yours sincerely  
Metro North Public Health Unit

## Information to support you during Self Isolation

### Information about COVID-19

- [Information about Novel Coronavirus](#) by the Australian Department of Health
- [Quarantine](#) information

### Practical support

- [Community Recovery Hotline](#): 1800 173 349
- 134 COVID (134268)

### Mental Health

- 1300MHCALL: 1300 64 22 55
- Beyond Blue: 1300 224 636
- Lifeline: 13 11 14
- The [Queensland Mental Health Commission's website](#) also has a wide range of resources available.
- For advice and strategies to manage your mental health and wellbeing during this time, visit [UnitingCare Queensland](#) or [Beyond Blue COVID-19 wellbeing service](#) or call **1800 512 348** for support.

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### Financial Help

- [Pandemic Leave Disaster Payment](#)
- [Crisis Payment](#)
- [Financial support](#)

### Multicultural Resources

1. [Multicultural resources](#) regarding COVID-19

### Aboriginal and Torres Strait Islander people – specific support and resources

- Call centre to talk about COVID-19 – MOBLINK PH 1800 254 354
- [First Nations people — coronavirus \(COVID-19\) | Health and wellbeing | Queensland Government \(www.qld.gov.au\)](#)
- [COVID-19 vaccination information for Aboriginal and Torres Strait Islander people | Australian Government Department of Health](#)
- [AHMRC Getting-your-household-COVID-ready Online.pdf](#)
- [2021-10-7 COVID-19-home-isolation-checklist Online Final AH&MRC \(ahmrc.org.au\)](#)