

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.

Do you have COVID-19 symptoms?

Yes

Keep a safe distance from people in your home.
Call your doctor or go to your local COVID-19 clinic to get tested.

No

Practise physical distancing and good hygiene.

Have you returned from overseas?

Yes

You must self-isolate in a hotel for 14 days.

No

Practise physical distancing and good hygiene.

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

Yes

You must self-isolate at home.
The contact tracing team or your 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.

No

Practise physical distancing and good hygiene.

Have you been tested for COVID-19?

Yes

You must self-isolate at home until you get your test result.

No

Practise physical distancing and good hygiene.

Is your test for COVID-19 positive?

Yes

Stay in home isolation. Your doctor or PHU will contact you to notify you of the POSITIVE result, explain what happens next, and help identify your close contacts.

If your symptoms are mild and you can safely self-isolate, you may be able to stay at home. Your doctor or PHU can help with supporting you.

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.

No

If your test is negative for COVID-19, but you still have symptoms, stay home until you are well for 24 hours.

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.

Everyone should practise physical distancing and good hygiene, even when your isolation is complete.