



Novel coronavirus (2019-nCoV)

Home isolation guidance

An outbreak of novel coronavirus (2019-nCoV) was detected in Wuhan, Hubei Province, China in late December 2019.

Advice for close contacts and recently returned travellers from mainland China

If you have been in contact with a person with confirmed novel coronavirus infection while they were infectious, you must quarantine (isolate) yourself for 14 days after your last contact with that person.

If you have recently returned from travel to mainland China, or transited through, you must isolate yourself for 14 days after you left mainland China.

Stay at home or in your hotel

People who are recommended to be isolated should not attend public places, in particular work, school, childcare or university. Only people who usually live in the household should be in the home. Do not allow visitors into the home.

There is no need to wear masks in the home. Where possible, get others such as friends or family, who are not required to be isolated to get food or other necessities for you. If you must leave the home, such as to seek medical care, wear a surgical mask if you have one.

Monitor symptoms

When in quarantine, you should monitor yourself for symptoms. Watch for:

- fever
- cough
- shortness of breath.

Other early symptoms to watch for are chills, body aches, sore throat, headache and runny nose, muscle pain or diarrhoea.

What do I do if I get sick?

If you develop mild symptoms:

- Isolate yourself from other people and put on a mask if you have one; and
- Call a doctor or hospital and tell them your recent travel history.

If you have serious symptoms such as difficulty breathing:

- Call 000 and ask for an ambulance and notify the officers of your recent travel history.

Wash your hands

Practising good hand hygiene and sneeze/cough hygiene is the best defence against most viruses. You should:

- wash your hands often with soap and water before and after eating as well as after attending the toilet;
- avoid contact with others (including touching, kissing, hugging, and other intimate contact); and
- cough and sneeze into your elbow.

Advice for others in the household

Other members of the household are not required to be isolated unless they have also travelled to mainland China in the past 14 days, or have been in close contact with you.

Going outside

If you live in a private house, then it is safe for you to go outside into your garden or courtyard. Wear a surgical mask if there is anyone else there.

If you live in an apartment it is also safe for you to go outside into the garden while wearing a surgical mask. However you should go quickly through any common areas on the way to the garden. Wear a surgical mask if you have to move through these areas. It's safe to go onto your balcony if you have one.

Keeping spirits up in isolation at home

Being under quarantine can be frightening, particularly for young children. Suggestions include:

- Talk to the other members of the family about the infection. Understanding novel coronavirus will reduce anxiety.
- Reassure young children using age-appropriate language.
- Keep up a normal daily routine as much as possible.
- Think about how you have coped with difficult situations in the past and reassure yourself that you will cope with this situation too. Remember that quarantine won't last for long.
- Keep in touch with family members and friends via telephone, email or social media.
- Exercise regularly. Options could include exercise DVDs, dancing, floor exercises, yoga, walking around the backyard or using home exercise equipment, such as a stationary bicycle, if you have it. Exercise is a proven treatment for stress and depression.

Reducing boredom while in quarantine at home

Being confined to home for an extended period of time can cause boredom, stress and conflict. Suggestions include:

- Arrange with your employer to work from home, if possible.
- Ask your child's school to supply assignments, work sheets and homework by post or email.
- Don't rely too heavily on the television and technology. Treat quarantine as an opportunity to do some of those things you never usually have time for, such as board games, craft, drawing and reading.

Where can I get more information?

Visit the Australian Government Department of Health homepage at www.health.gov.au

Call the National Coronavirus Health Information Line on 1800 020 080.

Contact your state or territory public health agency:

- ACT call 02 5124 9213 during business hours or (02) 9962 4155 after hours
- NSW call 1300 066 055
- NT call 08 8922 8044
- Qld call 13HEALTH (13 43 25 84)
- SA call 1300 232 272
- Tas call 1800 671 738
- Vic call 1300 651 160
- WA call 08 9328 0553