## What do I do if I start to feel sick in isolation?

**Monitor your symptoms:**

- If you have difficulty breathing or are seriously unwell and it is an emergency, *call triple zero (000) immediately*.
- Keep track of any early symptoms which can include chills, body aches, sore throat, runny nose and muscle pain.
- If you do start to feel unwell during isolation, avoid contact with anyone who is in isolation with you (stay more than 1.5 metres away).

**NEED MORE INFORMATION?**

Call the **National Coronavirus Health Information Line** on **1800 020 080**. Open 24 hours a day, 7 days a week.

If you have any other questions or concerns, you can also contact your local health service or hospital.

## Tips to help if you are in isolation

- If possible, spend time outside in a garden or courtyard
- Use phone, email or social media to keep in contact with people
- If feeling well, exercise and keep busy
- Work from home if possible
- If your child has been isolated ask your child's school to provide schoolwork through the mail or email.
- Spend time doing things inside that you may not normally have time to do.
- If you cannot be isolated without others (i.e single parent, carer, etc.) please call your local health service on the number below, to let them know.

**STAY AT HOME** + **USE THE PHONE**

If you're stuck at home and use your phone.
Call your local health service on:

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### or call 13-HEALTH (13 43 25 84)

**QAIHC**
Queensland Aboriginal and Islander Health Council

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## ISOLATE TO
# Keep Mob Safe



## Isolation can help stop the spread

**The risk of getting COVID-19 is greater if you are around people who have the disease**

# Coronavirus:
## Stop the spread

Visit **health.gov.au/health-topics/novel-coronavirus**

**QAIHC**
Queensland Aboriginal and Islander Health Council

D-0090

## Self-isolation: what does it mean to me and my mob?

**Who is at risk of getting COVID-19?**

*You and your mob are at risk of getting coronavirus if:*

- you are around people who have the disease, or
- if anyone you spend time with has travelled overseas recently.

### RESTRICTIONS

There are special restrictions in place to help prevent coronavirus spreading. From 15 March 2020, people who have returned from overseas travel must self-isolate for 14 days.

## What to do if you have COVID-19 and a doctor has told you to 'self-isolate'?

*Be prepared to be in isolation for 14 days from the date of being told.*

**To start isolation:**

- find a way to get there without coming into contact with other people
- cover your mouth or nose (wear a surgical mask if you can get one).

**AVOID CONTACT  +  USE THE PHONE**

### What if I don't have a place to go to for isolation?

- Phone your local hospital for advice, or
- Phone your health service to ask what is available in your community.

**14 DAYS**

## Where should I 'self-isolate'?

- Preferably in your home, or wherever you may be living.
- In a space where you can be away from other people, if possible.
- If you can, sleep in a separate room.

## What should I do if I am isolated?

*Follow the advice of your doctor at all times.*

- Stay isolated for as long as the doctor has advised, even if you feel better.
- Do not have visitors. Avoid contact with others outside your place of isolation.
- If you can, avoid sharing beds. Sleep in a separate room.
- Let people know you are in isolation, so they don't worry about where you are.
- Ask others to assist with needs such as grocery shopping and getting medications–get dropped off and left at your front door.

## Hygiene tips

Hygiene is important to stop the spread and protect others.

*Cough or sneeze into your elbow or tissue. Dispose of tissue*

**COUGH INTO ELBOW**

*Wash your hands with soap and water before and after eating, and after going to the toilet*

**WASH HANDS**

*Minimise touching your mouth, nose and eyes*

**AVOID TOUCHING**

*Keep surfaces clean with detergent and disinfectant e.g. door handles, light switches and benchtops, etc*

**DISINFECT**

# Coronavirus: Stop the spread