QUARANTINE TO
Keep Mob Safe

Quarantine: what does it mean?

QUARANTINE MEANS THAT YOU STAY HOME WITHOUT VISITING FAMILY, ATTENDING GATHERINGS OR GOING OUT IN PUBLIC FOR THAT TIME

Coronavirus:
Stop the spread

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

QAIHC
Queensland Aboriginal and
Islander Health Council

0600-D

Quarantine: what does it mean?

If you have been in close contact with someone who has coronavirus, *you might need to quarantine yourself for 14 days.*

Quarantine means that you:
- stay home without visiting family
- do not attend gatherings
- do not go out in public.

Where should I quarantine?

- 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 if I don't have a place to go to for quarantine?

Phone your local hospital for advice, or

Phone your health service to ask what is available in your community.

What should I do if I am quarantined?

Follow the advice of your doctor at all times.

- Stay quarantined 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 quarantine.
- If you can, avoid sharing beds. Sleep in a separate room.
- Let people know you are in quarantine, so they don't worry about where you are.
- Ask others to assist with needs such as grocery shopping and getting medications. Get them dropped off and left at your front door.

Coronavirus: Stop the spread

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 frequently, especially 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

Tips for quarantine

**QUARANTINE IS IMPORTANT.
So you don't spread the sickness (even if you are feeling well).
So you can protect your mob.**

**Protect your mob by staying home.
Get creative to keep busy.**

PAINT OR DRAW

LEARN OR WRITE SOME STORIES

LEARN MUSIC AND SING

START A SOCIAL MEDIA DANCE CHALLENGE

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

More tips for quarantine

Protect your mob by staying home. Check in with them often.

PICK UP THE PHONE AND HAVE A YARN

STAY IN TOUCH WITH MOB FROM AFAR

NEED HELP OR SUPPORT?

The **Department of Communities, Disability Services and Seniors** are providing support with delivery of essential food, medication and compassionate support.

Call the **Community Recovery Hotline** on **1800 173 349**.

What do I do if I start to feel sick in quarantine?

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, fever, body aches, sore throat, runny nose and muscle pain.

NEED MORE INFORMATION?

The latest coronavirus information can be found at **health.gov.au**

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.

If you start to feel sick within the 14 days, call your Community Controlled health service on:

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or call 13-HEALTH (13 43 25 84)

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