

Tips for self-isolation

COVID-19

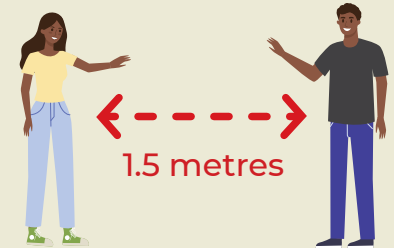
If you have COVID-19 or have had contact with someone who has COVID-19, you may be told to self-isolate for a period of time. Self-isolation means staying at home or in a hotel room, unless you need urgent medical care. Self-isolating when you live with a big mob can be hard, so here are some tips to help.

Stay in your room



- » Try and stay in your own room as much as possible. Make it your safe place.
- » Stay connected to your mob using your phone.
- » Don't share a room with Elders or people with a serious health condition.

Avoid shared areas



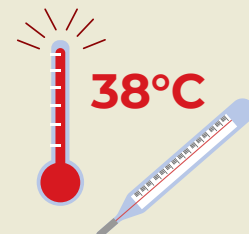
- » Keep a safe distance of 1.5m between yourself and others.
- » Avoid shared areas like the kitchen and don't touch shared household items (e.g. tv remote).
- » Shared areas should be cleaned regularly.

Wash hands & other safe behaviours



- » Wash your hands regularly with soap and water for at least 20 seconds.
- » Cough and sneeze into your elbow or a tissue. Throw the tissue in the bin and wash your hands.
- » Wear a mask if you are around other people.
- » Do not share towels and bedding.

Monitor your health



- » Call your doctor if you have concerns about your health at any time.
- » In a health emergency, call 000 for an ambulance.
- » Tell the doctor or ambulance that you are in isolation.

If you know someone who is in self-isolation, consider calling them for a yarn. It can be lonely.

Let's keep our community safe, strong and healthy.



ACT Health

COVID-19
SLOW THE
SPREAD

