

End of mandatory isolation periods for COVID-19

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Hello, I'm Dr Kerry Coleman, the ACT Chief Health Officer.

I'm here to talk about changes to isolation rules for COVID-19.

All states and territories in Australia have now removed the mandatory requirement to isolate if you have COVID.

This means, the law does not require you to isolate if you have COVID-19.

With these changes in mind, I still strongly encourage you to stay home while you are unwell and take steps to protect those around you.

There are people in our community who we know are at higher risk of severe illness from COVID-19 and we all need to work together to do our part in reducing the chance of spreading illnesses to others.

If you do have COVID-19, please stay home as much as you can and minimise your contact with others until your COVID-19 symptoms have gone and you are feeling much better. Please wear a mask when indoors and on public transport if you must leave your home.

Please check your workplace or education setting's policies about when people with COVID-19 can attend. It's important to familiarise yourself with those rules.

And for at least 7 days:

You should avoid visiting people at high risk of severe illness, anyone in hospital or an aged care or disability care facility during this time.

As we know, the people you live with or spend a lot of time indoors with are at greatest risk of catching COVID-19 from you.

This means household contacts should monitor for symptoms, test for COVID-19 if you get symptoms, wear a mask indoors and on public transport and not visit people at risk of severe illness.

If you are at higher risk of severe COVID-19 illness, be prepared ahead of time for a COVID-19 infection. Talk to your GP now about what test kind of test to get, what to do if you get COVID-19 and whether they recommend you get antiviral medicine if you were to get COVID-19.

And please remember, if you test positive on a rapid antigen test or RAT, you must continue to register your result with ACT Health. This is an ongoing requirement under the Public Health Direction.

Registering your result allows us to send you information that can help you access health and other support, noting that you may be eligible for COVID-19 treatment

I would like to thank everyone for continuing to follow health advice to protect themselves and the ACT community from COVID-19.

For more advice, including for people at higher risk of serious COVID-19 illness, visit the ACT COVID-19 website at covid19.act.gov.au