



SELF-ISOLATION GUIDANCE

Confirmed case (received a positive test result)

AFFECTED

INDIVIDUAL
(the confirmed case)

INDIVIDUAL'S HOUSEHOLD
(the people who live with the confirmed case)

CONTACTS
(the people who have had face-to-face contact (within one metre), including:

- being coughed on
- having skin-to-skin physical contact, or
- contact within one metre for one minute
- has been within 2 metres of some one who has tested positive for COVID-19 for more than 15 minutes
- has travelled in a small vehicle, or in a large vehicle or plane
- spends significant time in the same household
- is a sexual partner

CONTACTS' HOUSEHOLDS
(the people who live with a person who has been identified as being in contact with a confirmed case)

SELF-ISOLATION GUIDANCE

Must self-isolate for 10 days from the onset of symptoms and until the individual's high temperature has fallen within normal range.

Must self-isolate for 14 days from the onset of the confirmed case's symptoms or from the positive test result (if the individual is asymptomatic).
If any member of the household develops symptoms at any point during the 14 days, they must self-isolate for 10 days from the onset of their symptoms and get tested.

Must self-isolate for 14 days from the last contact with the confirmed case.
If they develop symptoms during the 14 days, they must self-isolate for 10 days from the onset of their symptoms and get tested.

Do not need to self-isolate unless the Contact develops symptoms.