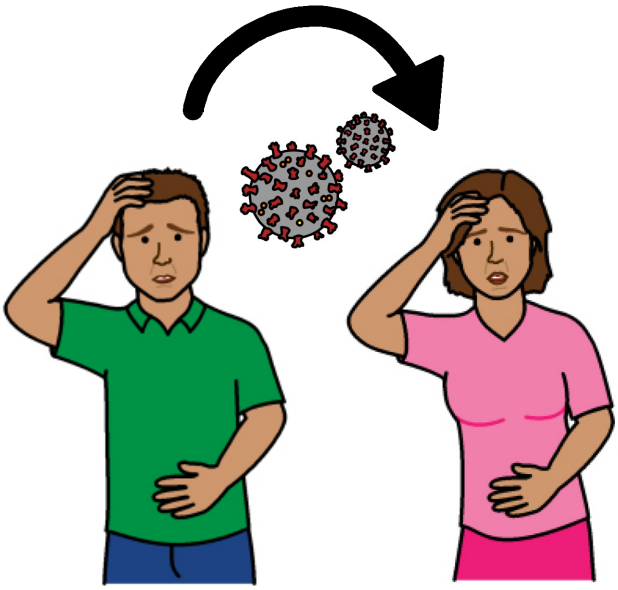
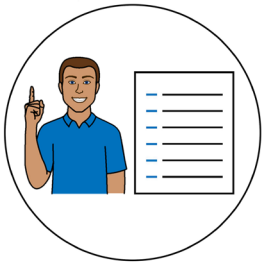


What to do if you have been a close contact of someone with coronavirus

Easy English

VICTORIA State Government | Department of Health

Hard words



This information has some hard words.

The first time we write a hard word

- the word is in **blue**

- we write what the hard word means.

You can get help with this book

You can get someone to help you

- read this book

- know what this book is about

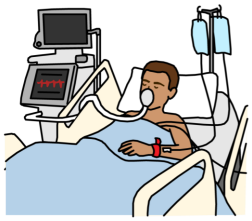
- find more information.

About this book

This book is by the Department of Health.

This book is about what to do if you are a **close contact** of someone with **coronavirus**.

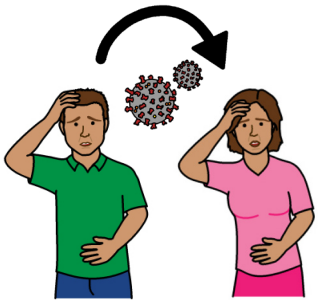
Close contact means you have been close to someone in the last few days who has coronavirus.



Coronavirus

- can make people very sick

and



- is spread when you are close to someone else.

We will tell you if you are a close contact.

What is a close contact?

Close contact means you were close to someone in the last few days who has coronavirus.

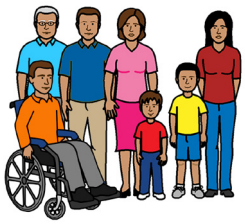
For example, in the same house or workplace.

You can also be a close contact if you have spent time with another close contact.

Who do I need to tell?

To keep them safe you **must** tell

- your employer

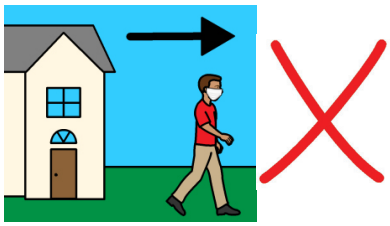


- the people you live with

- carers who come to your home.

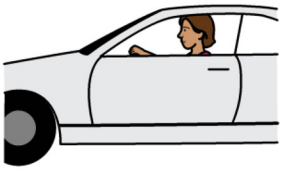
What to do if you are a close contact

If we have told you that you are a close contact you **must quarantine**.



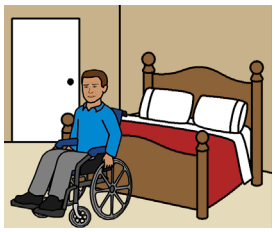
Quarantine means you **cannot** leave your house so coronavirus does **not** spread to other people.

As soon as we tell you that you are a close contact you must **immediately** go to the place where you will quarantine.



You must **not** stop anywhere on the way.

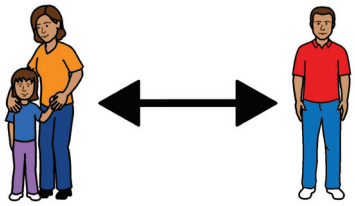
When you quarantine it helps to keep the community safe from coronavirus.



You can quarantine in

- your home

or



- another place away from the people you live with.

We can help you

- find a place to stay

and

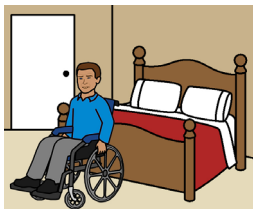
- get food or medicine if you need it.

Call the Coronavirus Hotline at any time.

1800 675 398

Press 0 if you need to talk to an interpreter.

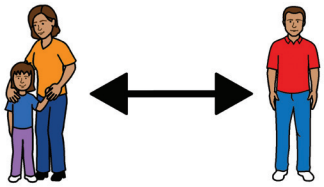
How to quarantine



When you quarantine you **must**

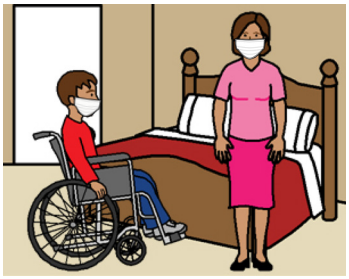
- stay at home

and



- stay away from other people.

  For example, the people you live with.



If you need to be in the same room as someone else you **must** wear a face mask.

You **must** also

- wash your hands often

- cover coughs and sneezes

- keep the places you use clean.

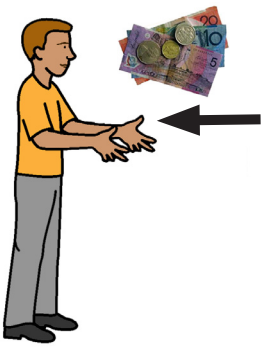
The only reasons to leave your home when you are in quarantine are

- for medical care

or

- in an emergency.

  For example, fire or family violence.



Help to stay at home

The government can pay you money if you **cannot** work because you

- are a close contact of someone with coronavirus

- have coronavirus

- look after someone who has been told to stay at home

- have been tested for coronavirus and must stay at home until you get your results.

You can also get a box of food delivered if you **cannot** get help from friends and family.

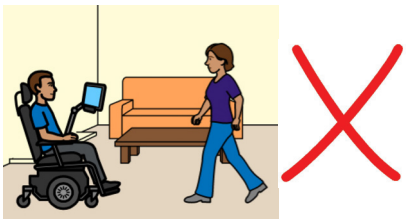
For more information call the Coronavirus Hotline

1800 675 398

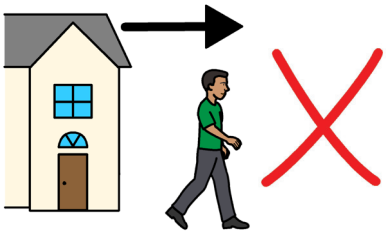
Press 0 if you need to talk to an interpreter.

How to stay safe in quarantine

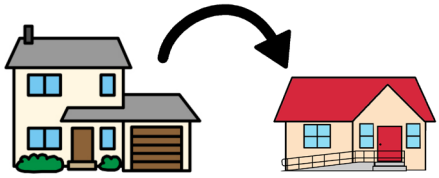
You can do important things to keep you and people you live with safe when you quarantine.



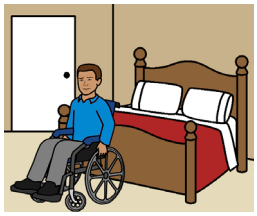
You must **not** let people visit your home except for your carers.



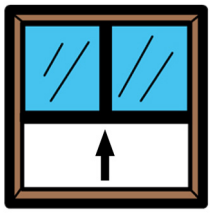
You must **not** leave your home or accommodation except to get medical care or in an emergency.



Stay in a separate house if you can.



If you **cannot** stay in a separate house then stay in a separate room away from the people you live with.

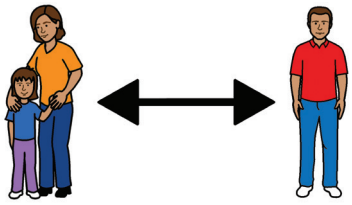


Keep the door to the room closed and a window open if the weather is ok.

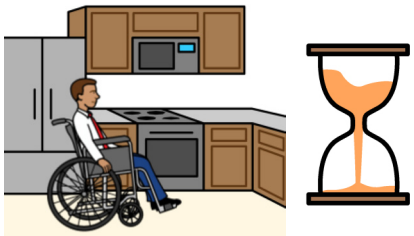
Use a separate bathroom if you can.

If you **must** leave the room you are in

- wear a face mask



- keep 1.5 metres or 2 big steps away from other people

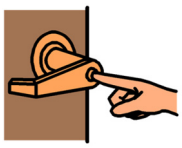


- only go into other areas of your home for a short time. For example, you **cannot** watch TV or eat meals with other people in your home.

Clean everything you use and touch in shared rooms of your home with a strong cleaner.

For example, bleach.

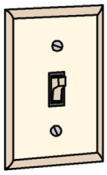
Shared rooms might be the kitchen or bathroom.



Remember to clean

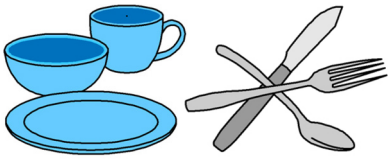
- door and cupboard handles

- taps



- light switches

- bathroom surfaces. For example, the toilet seat.



Have a set of household items just for you to use when you quarantine.

For example, plates, cups and cutlery.

Wash laundry often in your home with hot water and detergent. You **cannot** go to a laundromat.

Get tested if you have symptoms

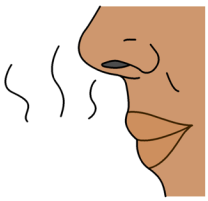
You **must** get tested for coronavirus if you have **symptoms.**

Symptoms are signs that you might be sick.

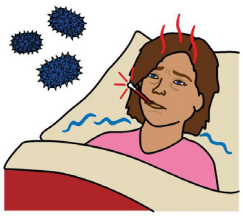
The symptoms to look out for are

- cough
- sore throat

- shortness of breath
- runny nose

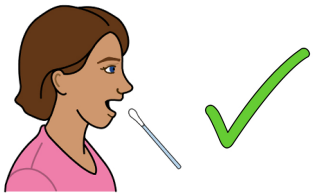


- loss of or change in sense of smell or taste

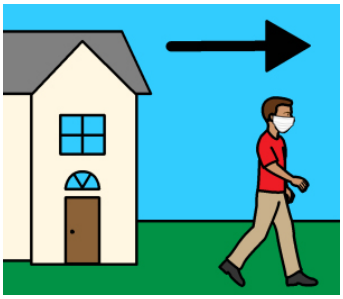


- fever
- chills or sweats.

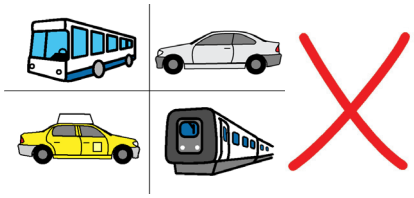
After your test go home immediately and wait for your result.



You are allowed to leave your home to get tested.



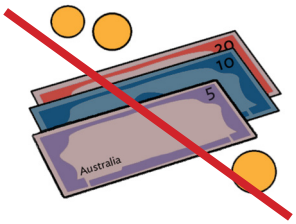
You **must** wear a face mask if you leave home to get tested.



Do **not** use public transport or a taxi.

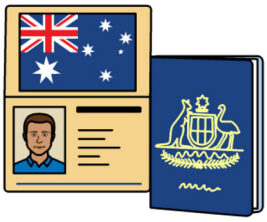
You can ask for someone to come to your home to give you a test if you do **not** have your own car.

Call 1300 651 160

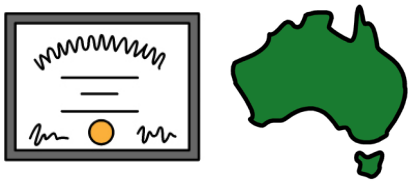


The test for coronavirus is free.

It is free even if you are **not** a **citizen** or a **permanent resident** of Australia.



Citizen means you belong to a country by law.



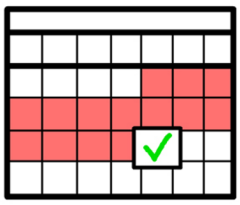
Permanent resident means you have a certificate that says you can live in Australia.

To find out more about how to get tested go to

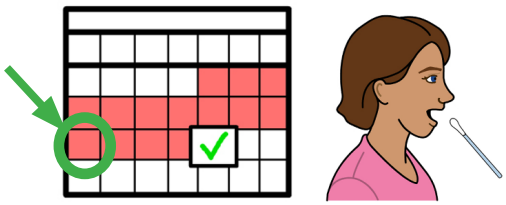
www.dhhs.vic.gov.au/getting-tested

How long do I stay at home?

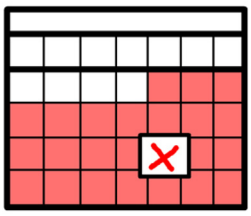
You **must** quarantine until the Department of Health tells you to stop.



For most people this will be for 14 days after your last contact with the person who has coronavirus.



You **must** get a test around day 3 and day 11 of your quarantine if we tell you to.



If you do **not** have the test you **must**

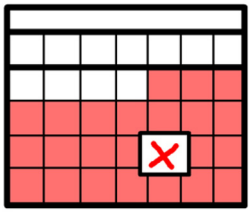
- quarantine for an extra 10 days

or

- have a test to show you do **not** have coronavirus.

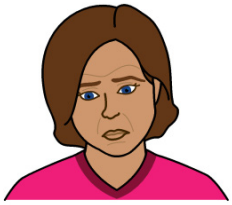
You **must** do the test even if you feel well.

If you do **not** have coronavirus we will tell you to stop your quarantine after day 14.



If you **cannot** quarantine in a separate place from the person who has coronavirus your quarantine will be longer than 14 days.

How to get help



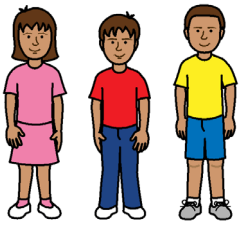
It can be hard to be in quarantine.

Remember that quarantine will **not** last for long.

When you are in quarantine you can still keep in touch with family and friends in different ways.

For example, telephone, email or social media.

You can ask your employer if you can work from home.

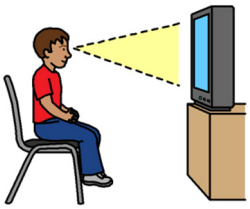


It can be hard for children who need to be in quarantine.

It can help your child to keep doing normal things at home.

Normal things at home might be

- go to sleep and wake up at the same time



- watch your favourite shows

- exercise.

Go to Wellbeing Victoria for more information

www.together.vic.gov.au/wellbeing-victoria

If you have a health condition make sure you

- keep taking your medication

- keep doing any treatments

- look out for new symptoms.

You might feel

- worried or afraid

or

- alone because you are away from other people.

There are services that can help you.

Lifeline Australia

A crisis support service that gives support at any time.

Website www.lifeline.org.au

Call 13 11 14

Beyond Blue

Help for people who feel sad or alone.

Website www.beyondblue.org.au

Call 1300 224 636

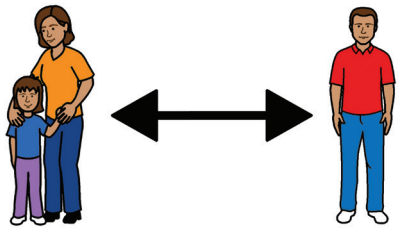
Kids Helpline

A free and confidential counselling service for young people.

Website www.kidshelpline.com.au

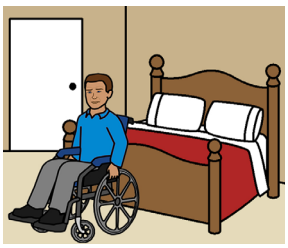
Call 1800 551 800

How to care for someone who is in quarantine



If you care for a family member who needs to quarantine you may be told you are a close contact and need to stay away from other people.

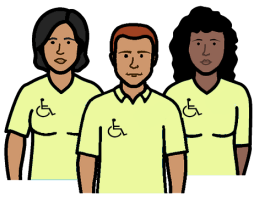
There are things you can do to keep everyone in your home safe.



Make sure the person in quarantine stays in 1 room and away from other people.

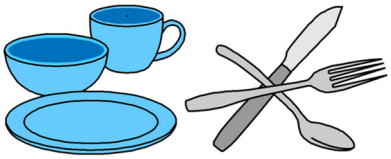
Keep the door to their rooms closed and their windows open if the weather is ok.

Do **not** let people visit your home.

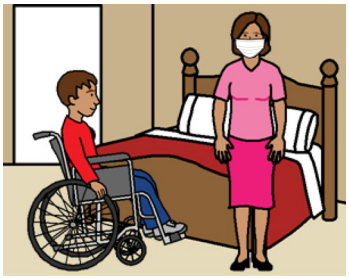


Try **not** to use too many different carers.

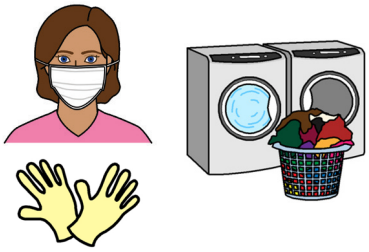
Always wash your hands with soap and water or use a hand sanitiser before and after you are in their room.



Keep the person in quarantine's dishes and cutlery separate from the rest of the household.



Wear a face mask when you are with the person in quarantine.

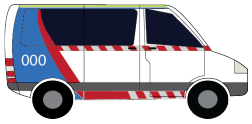


Wear a face mask and gloves when you touch laundry and wash at the highest heat setting.

Clean places in your home after they have been touched by the person in quarantine.

Put used tissues and face masks in a plastic bag and then throw them away.

You **must** wear gloves to touch used tissues and face masks then wash your hands.



If the person you care for has serious symptoms call Triple Zero and ask for an ambulance.

Call 000

Serious symptoms might be difficulty breathing.

If the person you care for starts to feel sick call the Department of Health Public Health Division for advice.

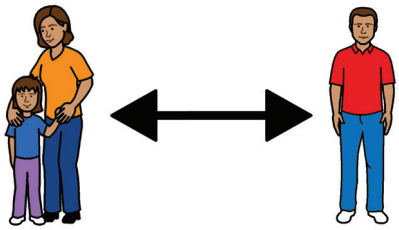
Call 1300 651 160

If you or the person you care for needs to see a doctor you should call the doctor first so they can

- get ready for your appointment

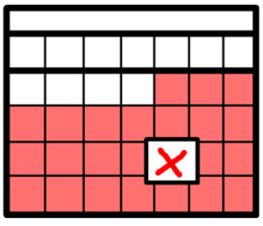
or

- arrange a telephone appointment.

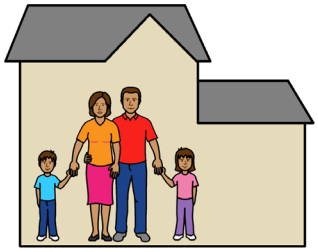


If you **cannot** stay away from the person you care for who is a close contact you will need to stay away from everyone else too.

We will tell you if you are also a close contact.



We will tell you how many days you **must** also quarantine for.



You might **not** be able to stay away from someone who has coronavirus or is a close contact if you are

- a parent with young children

or

- a carer who lives in the same house.

More information

For more information about quarantine

Go to the Department of Health website.

www.dhhs.vic.gov.au/self-quarantine-coronavirus-covid-19

For information about coronavirus

Call the Coronavirus Hotline.

1800 675 398

Press 0 if you need to talk to an interpreter.

If there is an emergency

Call Triple Zero.

000

If you need help with English

Contact the Telephone Interpreting Service.

131 450

If you need information in another language

Go to the Department of Health and Human Services website.

coronavirus.vic.gov.au/translated-information-about-coronavirus-covid-19

If you need help to speak or listen

Use the National Relay Service.

nrschat.nrscall.gov.au/nrs/internetrelay

1300 555 727

Give the relay officer the phone number you want to call.

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