



# Isolation Pack

**Isolation is important to protect your family, friends and your community.**

While you wait for the results of a Covid test, you must isolate.

If you are positive for COVID-19 please refer to page 7 for specific information about your isolation length.

If you are a close contact of a person with COVID-19 please refer to page 8 for specific information.

If you become unwell while in isolation, call the IOTHS for assistance. Let us know that you are in isolation because of Covid-19.

**Christmas Island – 08 9164 8333**

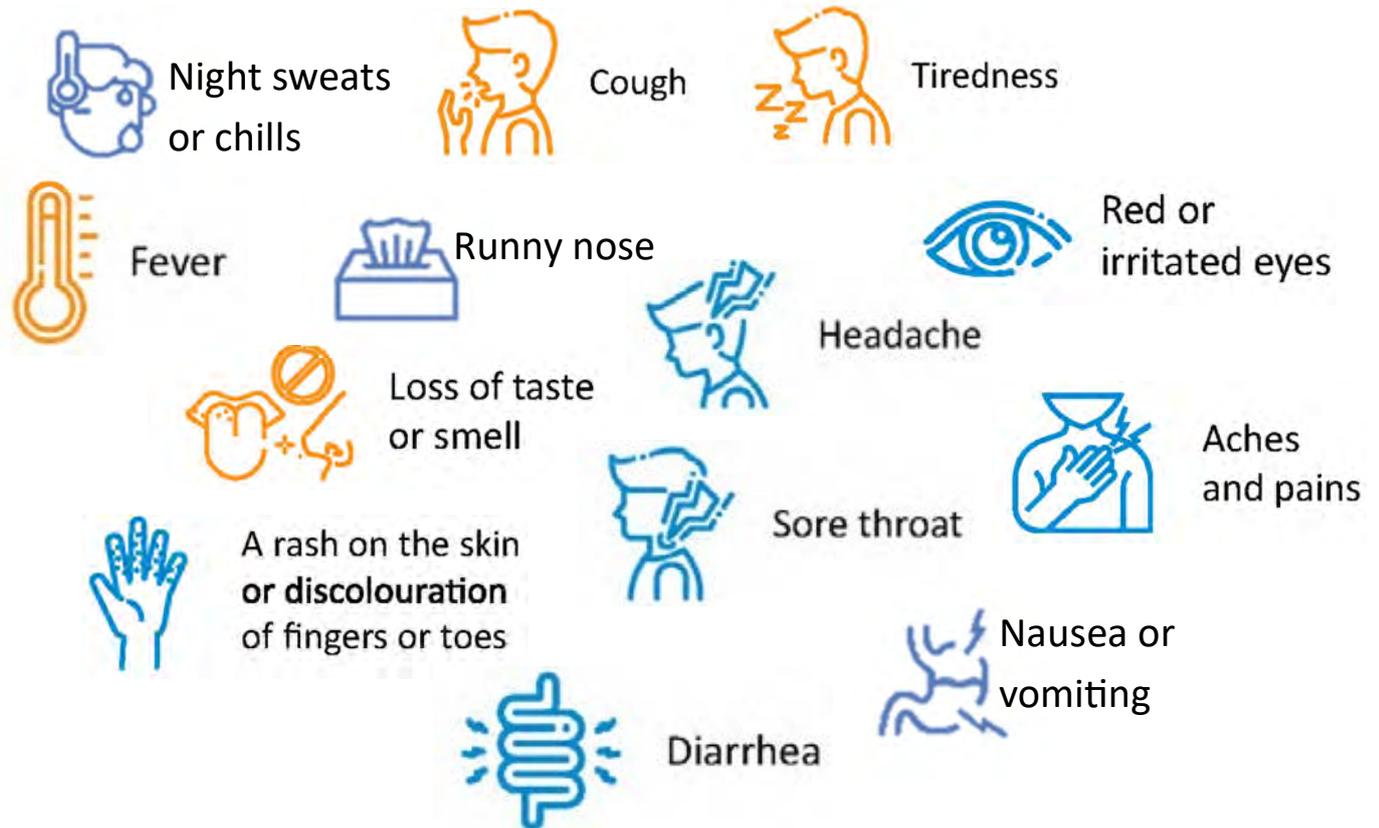
**Cocos Keeling West Island – 08 9162 6655**

**Cocos Keeling Home Island – 08 9162 7609**

Isolation means you **must stay in your home, hotel room, or other accommodation**, and stay in a separate room away from others, even if you feel well with no symptoms. If you live in a unit or apartment block, you must stay in your unit or apartment. **You cannot attend public places such as work, school, shops or gyms. You cannot leave your accommodation to go swimming, boating, exercising, fishing or play golf.** Only people who usually live with you are allowed to be in the home with you during isolation. No visitors are allowed.

When we contact you, please inform us of your living situation. Please tell us if you live with someone who is deemed to be of increased risk of complications from COVID-19 infection (immunosuppressed, over the age of 65, very young children, pregnant women, people who have chronic health conditions).

**Symptoms of COVID-19 can include the following. Symptoms can vary from very mild to severe.**



**If you or a loved one starts to develop any of the symptoms below, please contact the hospital urgently on the phone numbers on the previous page.**



Loss of speech or mobility or confusion



Shortness of breath/ Difficulty breathing



Chest pain

**or anything else of concern,**  
such as dizziness, fainting or feeling faint, little urination and drowsiness.

# Prevention steps and advice for people in isolation and their household members

If you are a **confirmed case**, a **close contact**, or someone with **symptoms of COVID-19**, follow these steps to minimise spread of COVID-19 to your household and others:

## ❖ **Separate yourself from the other people in your home:**

If you are sharing your home with others, you should as much as possible:

- Remain separated from others, avoid shared and communal areas or wear a surgical mask and maintain 1.5 metres distance if you need to enter them.
- Have your own bedroom
- Use a separate bathroom, or if having to share a bathroom, have the non-COVID-19 house member clean the bathroom surfaces before each time they want to use it i.e wipe the taps, light switches, toilet etc
- If you are positive for COVID-19 you should not cook for other people in your household, instead have food left outside your door, eat in your bedroom with the door closed then leave the dishes outside your bedroom and close the door. A non COVID-19 household member to collect them will need to collect the dishes and wash them

## ❖ **Wear a surgical mask**

You should wear a surgical mask when you are in the same room with other people in your household and when you visit a healthcare provider. Make sure your surgical mask always covers your nose and mouth and avoid touching your mask unnecessarily. Masks that become wet or dirty should be disposed of in the waste bin straight away. Do **not** continue to wear a contaminated or used mask. Replace it with a dry, clean mask.

## ❖ **Cover coughs and sneezes**

You should cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your elbow. Used tissues should be placed in a bin, and hands immediately washed with soap and warm water for at least 30 seconds.

## ❖ **Wash your hands**

You should wash your hands often and thoroughly with soap and water for at least 30 seconds. You can use an alcohol-based hand sanitiser if your hands are not visibly dirty. Ensure you wash your hands or use a hand sanitiser; before entering an area where there are other people; before touching things used by other people; after using the bathroom; after coughing or sneezing; and before putting on, and after removing, gloves and masks.

### ❖ **Avoid sharing household items**

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water or use a dishwasher/washing machine. Continue to keep these dishes separate from other people after being cleaned while anyone in your house is COVID-19 positive.

### ❖ **Clean household surfaces**

Non cases should clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, at least once a day wearing disposable gloves. Also, clean any surfaces that may have blood, body fluids and/or secretions or excretions on them.

- Read labels of cleaning products and follow recommendations on product labels. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves or aprons and making sure the areas is well-ventilated when using the product.
- Use a household disinfectant or a diluted bleach solution on hard surfaces. To make a bleach solution at home, add 1 tablespoon of bleach to 4 cups of water.
- Wear a surgical mask and disposable gloves while handling soiled items. Wash your hands immediately after removing gloves and masks.
- Wash laundry thoroughly
- Immediately remove and wash clothes or bedding that have blood, body fluids and/or secretions or excretions on them.
- Read and follow directions on labels of laundry or clothing items and detergent. In general, wash and dry with the warmest temperatures recommended on the clothing label.
- Dishes should be washed in a dishwasher where possible or in hot soapy water and kept separately.

### ❖ **Disposing of contaminated items**

Place all used disposable gloves, surgical masks, and other contaminated items in a lined waste bin before disposing of them with other household waste. Wash your hands immediately after handling these items.

### ❖ **Going outside**

If you live in a private house, it is safe for you to go into your garden or courtyard as long as no one else is there. Do not enter public or communal spaces such as walkways or shared balconies, to minimise spread to other people. To pass through a shared house, wear a surgical mask, avoid touching items in the home as you pass through

### ❖ **Food/supplies**

If you need food or other supplies, household members **who are not in isolation** may still leave the home to shop, or friends or family may drop supplies off and leave them outside the closed house door, but they are not allowed to enter or have contact with you. Alternatively, check Facebook for updates from local businesses about food deliveries.

### **Tips for you and your family to help cope with home isolation**

1. Stay up-to-date with IOT COVID-19 updates and talk to the other members of the family about COVID-19 to reduce anxiety.
2. Reassure young children using age-appropriate language.
3. Keep up a normal daily routine as much as possible.
4. Arrange with your employer to work from home
5. Ask your child's school to supply assignments, work sheets and homework by post or email.
6. Think about how you have coped with difficult situations in the past and reassure yourself that you will cope with this situation too. Remember that isolation won't last forever.
7. Keep in touch with family members and friends via telephone, email or social media.
8. Exercise regularly at home.

### **If you need additional support in isolation:**

#### ❖ **Mental and Social support:**

**GP**—Speak to your GP (local or interstate) for a mental health treatment plan and referral for subsidised Telehealth Psychology. If you do not have a GP contact IOTHS or West island/Home Island to arrange to talk to one. IOTHS uses sms/ whatsapp services to conduct telehealth as well as the GP Consults videoconferencing program. You may receive a link to the program when you arrange an appointment

**Social Worker** – contact Lisa Dore on [lisa.dore@infrastructure.gov.au](mailto:lisa.dore@infrastructure.gov.au), via text 0447 975 436 or call 9164 8333 to make an appointment or speak over the phone.

**Health Direct** – provides information about Covid-19 and mental health including a guide on how to look after yourself in quarantine. Click here to follow the link: [COVID-19 and mental health | healthdirect](#)

**Lifeline Australia** – 13 11 14 (24/7 call line)

Provides support to people experiencing acute emotional distress, crisis support and suicide prevention services.

**Beyond Blue** – Coronavirus Mental Wellbeing Support Service 1800 512 34 (24/7) call line)

Option to remain anonymous during calls, online chats or plenty of great online resources to access. Click here to follow the link: [Supporting you through the Coronavirus pandemic - Beyond Blue](#)

**Mensline**–1300 789 978 (24/7 call line) or [www.mensline.org.au](http://www.mensline.org.au)  
Counselling service for men

**Kids Helpline** – 1800 55 1800 (24/7 call line)

Confidential counselling service with qualified counsellors for young people aged 5 to 25 years old, as well as lots of online activities and Web Chat for young people to access.

To access website follow this link: [Kids Helpline | Phone Counselling Service | 1800 55 1800](#)

**1800RESPECT** – 1800 737 732 (24/7 call line)

Providing support to people impacted by sexual assault, domestic or family violence and abuse. Webchat available 24/7. Follow this link: [Home | 1800RESPECT](#)

**Here for you** – 1800 437 348 (6am to 9pm, 7 days a week)  
Confidential alcohol, drug and mental health support line

❖ **Financial concerns:**

You may be eligible for the **'Pandemic Leave Disaster Payment'** if you are in isolation as a confirmed COVID-19 case, close contact, or someone caring for a case or close contact, check your eligibility on the Services Australia page: <https://www.servicesaustralia.gov.au/who-can-get-pandemic-leave-disaster-payment?context=53117>

# What to do if you are **COVID-19 Positive**:

Confirmed by a positive RAT or PCR test

Isolate at home for **at least 7 full days\*** from the day you had your test. The day you had the positive test is Day 0.

**If you become very unwell or are concerned about your health, please seek medical help.**

You can contact Christmas Island Hospital on (08) 9164 8333 for Emergency assistance or GP appointments via phone or telehealth.

Cocos Keeling Islands call West or Home Island Clinic. West Island – 08 9162 6655  
Home Island – 08 9162 7609

\*This does not take into consideration time already spent as a Close Contact in isolation.

& follow the following steps:

- You will need to **contact the health service** if you took a RAT self-test that returned positive.
- The health service may ask your **recent movements** - Take note of your movements for the days prior to developing symptoms and testing positive.
- Notify your household, school or employer that you have tested positive.
- Follow steps on pages 3-5 to **minimize the spread** of COVID-

**Do you have COVID-19 symptoms?**

**Yes- stay home** **until your symptoms are gone** or until advised you can leave by the health service or public health unit.

**No** – You can return to normal living and leave your home **after day 7**.

**For the 7 days after leaving isolation:**

- Wear a mask when leaving your home
- Avoid visiting any high-risk locations, such as indoor public gathering spaces, events and the hospital for unnecessary reasons)

**Symptoms include:**



Fever



Sore/scratchy throat

Runny nose



Fatigue



Shortness of breath



Dry cough

# What to do if you are a Close Contact:

Live with, or have spent 4 hours or longer with a confirmed COVID-19 case **or if designated as such by a Health Service**

You do not need to self-isolate if you have no symptoms and your daily RAT, is negative. Please continue daily RAT test for 7 days.

& follow the following steps:

- If you develop symptoms, take a RAT self-test or contact the health service to arrange a PCR test

**If this is positive** follow "What to do if you are COVID-19 Positive"

- If you are living with people who are not considered a close contact or a positive case of COVID-19, follow steps on pages 3-5 to **decrease your chances of spreading COVID-19.**

**If you become very unwell or are concerned about your health, please seek medical help.**

You can contact Christmas Island Hospital on (08) 9164 8333 for Emergency assistance or GP appointments via phone or telehealth.

Cocos Keeling Islands call West or Home Island Clinic.

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**RAT self-test**

**If this is positive,** follow "What to do if you if you are COVID-19 Positive" flowchart.

**If this is negative,** you can leave home and return to normal living if you have **no symptoms** of COVID-19.

- See full list of symptoms on page 2

Wear a mask when leaving the home and avoid visiting high-risk settings (such as indoor public gathering spaces, events and the hospital for unnecessary reasons) **for at least 14 days** following exposure to the person with COVID-19

Symptoms include:

See full list of symptoms on page 2



Fever



Sore/scratchy throat



Runny nose



Fatigue



Shortness of breath



Dry cough

# What to do if you are **not a contact or an “other contact”**:

You will **not have to isolate unless you develop COVID-19 symptoms**. You will have to isolate from others until you can undertake test if you develop symptoms.

& follow the following steps:

- If you develop symptoms, take a RAT self-test or contact the health service to arrange a PCR

**If you become very unwell or are concerned about your health, please seek medical help.**

You can contact Christmas Island Hospital on (08) 9164 8333 for emergency assistance or GP appointments via phone or telehealth.

Cocos Keeling Islands call West or Home Island Clinic.

West Island – 08 9162 6655

Home Island – 08 9162 7609

**If this is positive** follow “What to do if you if you are COVID-19 Positive”

**If this is negative**, isolate from others until your symptoms resolve to decrease the spread of respiratory illness

Wear a mask when leaving the home and avoid visiting high-risk settings (such as indoor public gathering spaces, events and the hospital for unnecessary reasons) **for at least 14 days** following exposure to the person with COVID-19

- See full list of symptoms on page 2

## Symptoms include:

See full list of symptoms on page 2



Fever



Sore/scratchy throat



Runny nose



Fatigue



Shortness of breath



Dry cough