

PREVENTING THE SPREAD OF COVID-19 AT HOME:

If you are living with a positive case, strategies to minimise spread to other household members include:

- Have the COVID-19 positive person stay in a separate room away from other household members, if possible.
- Have the COVID-19 positive person use a separate bathroom if possible, or use the bathroom before the positive person, and clean and disinfect after their use.
- Bring the COVID-19 positive person meals to their room, and do not share household items, like cups, towels and utensils.
- Have the COVID-19 positive person open windows (on to low foot traffic locations), and have stand-alone air conditioners turned on.
- Have the COVID-19 positive person avoid contact with other household members and pets, and where this is not possible, (e.g. children or people requiring care) allocate one person to care for them, and consider having them remain separate from the remainder of the household.
- If the COVID positive person has to enter a communal space, have them wear a mask and socially distance.
- Handle anything leaving the positive person's room with care, wearing a mask and/or gloves where available and washing your hands thoroughly post.
- Maintain regular environmental cleaning, especially to high-touch locations such as doorknobs, light switches etc.
- Wash all dishes and linen in hot water with soap or detergent.

If you develop any symptoms of COVID-19, you must self-isolate and contact the Health Service via phone to arrange testing.

DO NOT ATTEND THE HOSPITAL WITHOUT PRIOR ARRANGEMENT.

Christmas Island Health Service
Phone: 9164 8333

Cocos Keeling Island Clinics

Phone:

West Island – 08 9162 6655

Home Island – 08 9162 7609

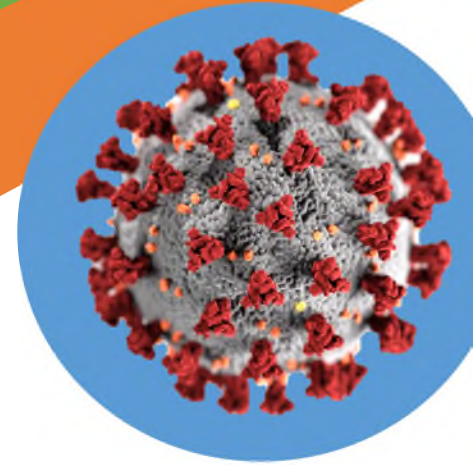
Please call to arrange testing.

For more information:

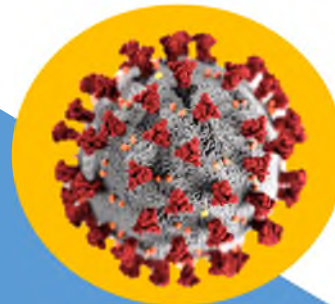
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

Protocols adapted from:

https://www.health.gov.au/sites/default/files/documents/2022/01/covid-19-test-isolate-national-protocols_1.pdf



INDIAN OCEAN TERRITORIES TESTING AND ISOLATION PLAN FOR COVID-19



PROTOCOL 1

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 (Day 0). If you have any **symptoms**, you must stay at home until your symptoms are gone.
- Notify your household, school or employer that you have tested positive.
- **After Day 7**, if you have **no symptoms**, you can return to normal living and leave your home. You do not need a further test.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 7 days following negative test or end of symptoms.

Always seek medical help if you become very unwell.

PROTOCOL 2

Close Contact

- Close contacts must take a daily RAT test for 7 days from the last day of exposure to COVID-19.
- If the RAT test is **negative**, but you have symptoms contact IOTHS to arrange PCR testing. Stay at home while the PCR test is processed and while you have symptoms.
- If you test **positive** for COVID-19 follow **Protocol 1**.
- If you test **negative**, and have **no symptoms** of COVID-19 you can leave home and return to normal living.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

Always seek medical help if you become very unwell.

PROTOCOL 3

Other Contacts

- **Take a RAT test as soon as able.**

If **positive**, follow **Protocol 1**
- If you test **negative**, and have **no symptoms** of COVID-19 you can leave home and return to normal living. Continue to monitor for symptoms for 7 days.
- If you develop any symptoms retest. If the RAT test is **negative**, contact IOTHS to arrange PCR testing. Stay at home while the PCR test is processed and while you have symptoms.

Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

Always seek medical help if you become very unwell.

COVID-19 Symptoms

- Fever
- Coughing
- Sore throat
- Shortness of breath
- Runny nose or congestion
- Headache or fatigue
- Muscle or joint pains
- Nausea or loss of appetite
- Diarrhoea or vomiting
- Temporary loss of smell or altered sense of taste
- Chills or night sweats

*You are considered a **Close Contact** if you are living with someone who has COVID-19, or if you are designated as a close contact by a Health Service. You are defined as an **“Other Contact”** if you are notified by a positive case or IOTHS that you have been exposed to COVID-19 outside of normal living arrangements.