COVID-19 casual contact

Fact sheet for casual contacts

If you are a casual contact of someone with COVID-19:

- **Get tested for COVID-19 immediately**
- **Self-isolate in your home until you receive a negative test result.**

This factsheet has been translated into various community languages, see translated resources.

How will I be notified I am a casual contact?

There are several ways you may find out that you are a casual contact such as getting a text or call from NSW Health, being notified by your workplace or other organisation (such as school, university or child care centre), or recognising a location you have been to on the NSW Government case locations web page.

What do I need to do?

Self-isolate immediately

You must self-isolate until you receive a negative test result, even if you are vaccinated or feel well. Please see the Self-Isolation Guidelines for more information about how to self-isolate.

You must get tested for COVID-19

You must be tested with a nose and throat (PCR) test as soon as possible after you have been notified. Even if you don't have symptoms, you must get tested at the nearest testing centre you can safely access.

You must not travel by public transport, taxis or ride-share to get your COVID-19 test. Wear a face mask that covers your nose and mouth at all times and tell staff immediately that you are a casual contact.

If you work in a high risk setting such as health and aged care, please speak to your manager prior to returning to work.

What if I'm identified as a casual contact and I'm away from home?

If you are away from home when you find out you are a casual contact, you must immediately get tested and travel directly to your accommodation to self-isolate.

If you can, you should spend your self-isolation period in the place where you are staying. This may be a hotel, motel or other form of accommodation, as long as you can safely stay there and separate from all other people while you wait for your test result.

If you are currently staying in temporary accommodation that ends before you get your test result, or you have been asked to leave your accommodation by the owner or manager, you should call the welfare and clinical assistance line 1800 943 553. In exceptional circumstances, you may be allowed to travel home to finish your self-isolation period.

How do I self-isolate?

Do not leave your home

You are only allowed to leave your home to get a COVID-19 test, for urgent medical care or in an emergency (including to avoid injury or escape risk of harm from domestic violence). If you leave home for any of these

reasons, you must wear a face mask, stay 1.5m away from anyone else, travel directly to and from where you need to go and self-isolate in suitable accommodation as soon as possible.

Self-isolation means you **cannot**:

- Go to work or school
- Go to any public places
- Use public transport or ride share
- Have any visitors in your home.

Self-Isolation is different from stay-at-home directions. When you self-isolate, you are **not** allowed to leave the house for outdoor exercise, shopping, work or education. Other members of your household do not need to self-isolate during this period.

Please read the NSW Health Self-Isolation Guideline for further information.

Practice good hygiene

- Cover coughs and sneezes.
- Wash your hands regularly with soap and water for at least 20 seconds or use alcohol-based hand sanitiser.
- Clean all surfaces you touch often (such as tabletops, doorknobs, bathroom fixtures) at least once a day using household disinfectant or diluted bleach solution.

Monitor for symptoms

You should monitor for symptoms of COVID-19 for at least 14 days after you were at the casual contact place. If you **develop symptoms at any time**, get tested again as soon as possible. Even if you have already **received a negative test result**.

If your symptoms get worse, contact your GP, Healthdirect (1800 022 222) or in an emergency dial 000. Let them know you are a casual contact to someone positive for COVID-19. Ambulance services are for emergencies and are provided free of charge to people who are confirmed or suspected to have COVID-19. Hospital care for COVID-19 is free.

What if I have been to a venue where there has been a COVID-19 case but I have not been contacted?

If you know you have been to a venue where a COVID-19 case has been reported, but have not been contacted by NSW Health, please check the COVID-19 case locations webpage and follow the advice for that location.

When can I leave self-isolation?

You can leave self-isolation after you have received a negative test result. If you develop symptoms at any time, get tested again and self-isolate until you receive your result.

What if I have already had COVID-19?

If you have been released from isolation after recovery from COVID-19 in the past six months, you have kept a copy of your medical clearance notice to confirm this, and you have no new symptoms, you will not be required to self-isolate.