

# Close Contacts of COVID-19

## If you have been told you are a close contact of someone with COVID-19

- If you are fully vaccinated: get tested immediately and self-isolate for 7 days after your last contact with the COVID-19 positive person\*. On day 6 get tested again. If you are well and the test is negative, you can end isolation after day 7. For the following 7 days, work from home where practicable, do not attend hospitality settings or a high risk setting even if it is your place of work. Get another test on day 12.
- If you are not fully vaccinated: get tested immediately and self-isolate for 14 days after your last contact with the COVID-19 positive person\*. On day 12 get tested again. If you are well and the test is negative, you can end isolation after day 14.

*\*if you live with the COVID-19 positive person, count days from the day they received a positive result*

## How will I find out I am a close contact?

There are four ways you may find out you are a close contact of COVID-19. You may:

1. Get a text message or phone call from NSW Health
2. See a location you have been to on the NSW Government [case locations web page](#)
3. Be told by your workplace or other organisation (such as school, university or child care centre)
4. Be told directly by someone who has found out they have COVID-19

## What do I need to do?

Self-isolation periods and testing requirements differ for close contacts based on their exposure and vaccination status.

Vaccination status	Household contacts	Other close contacts
<p><b>Fully vaccinated</b> <i>2 doses completed at least 14 days before you last had contact with a COVID-19 case</i></p>	<ul style="list-style-type: none"> <li>• Self-isolate for 7 days (7 full 24 hour periods) from the date the last COVID-19 positive person in your household received a positive result. <i>For example, if the person received a positive result at 10am Tuesday, you must self-isolate until 10am the following Tuesday.</i></li> <li>• Get tested immediately and again on day 6 and day 12</li> </ul>	<ul style="list-style-type: none"> <li>• Self-isolate for 7 days from the date you last had contact with the COVID-19 positive person</li> <li>• Get tested immediately and again on day 6 and day 12</li> <li>• Only leave self-isolation after 7 days if you receive a negative result from the test on day 6 and have no COVID-19 symptoms</li> </ul>

	<ul style="list-style-type: none"> <li>Only leave self-isolation after 7 days if you receive a negative result from the test on day 6 and have no COVID-19 symptoms</li> </ul>	
<p><b>Not fully vaccinated</b></p> <p><b>0 or 1 dose or 2 doses completed less than 14 days since you last had contact with a COVID-19 case</b></p>	<ul style="list-style-type: none"> <li>Self-isolate for 14 days from the date the last COVID-19 positive person in your household received a positive result.</li> </ul> <p><i>For example, if the person received a positive result at 10am Tuesday, you must self-isolate until 10am Tuesday two weeks later</i></p> <ul style="list-style-type: none"> <li>Get tested immediately and again on day 12</li> <li>Only leave self-isolation after 14 days if you receive a negative result from the test on day 12 and have no COVID-19 symptoms</li> </ul>	<ul style="list-style-type: none"> <li>Self-isolate for 14 days from the date you last had contact with the COVID-19 positive person</li> <li>Get tested immediately and again on day 12</li> <li>Only leave self-isolation after 14 days if you receive a negative result from the test on day 12 and have no COVID-19 symptoms</li> </ul>

You should also get tested for COVID-19 immediately if [symptoms](#) appear. To get your COVID-19 tests you must not travel by public transport, taxi or ride-share. You must travel by private vehicle, cycle or walk. Wear a face mask that always covers your nose and mouth. Tell the testing clinic staff immediately that you are a close contact of a person with COVID-19. If you cannot get to a [testing clinic](#), call your GP for advice on testing. If your GP is unable to arrange COVID-19 home testing, call the NSW Health Isolation Support Line on 1800 943 553.

If you live with someone who works in healthcare, aged care, disability or correctional facilities, it is important that they speak to their employer about returning to work.

You can end your self-isolation when you fulfil the requirements in the table above. You do not require confirmation from NSW Health to end your self-isolation, however you need to be able to show evidence of your negative COVID-19 test results if requested by NSW Health or by Police.

## What is self-isolation?

Self-isolation means you must stay at your home or accommodation and remain separated from others, even if you are fully vaccinated or feel well. People with COVID-19 or who are close contacts must self-isolate to help stop the spread of COVID-19 to other people.

Self-isolation means you cannot:

- Go to work or school
- Go to any public places (e.g. shops, parks, beaches)
- Use public transport or ride share
- Have any visitors in your home, unless they are providing healthcare, emergency maintenance or emergency services

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 the risk of harm from domestic violence). If you leave home for any of these reasons, you must travel by private vehicle, ride or walk. 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.

If you need to leave your accommodation for one of these reasons and require transport, but do not have a private vehicle, call the NSW Health Isolation Support Line on 1800 943 553 for assistance.

Please see the [Self-Isolation Guideline](#) for further information.

## Where can I self-isolate?

You should spend your self-isolation period at the place you are staying, which may be your home, a hotel, motel or other form of accommodation, as long as you can safely stay there and separate from all other people.

If you are not already at home when you find out that you are required to self-isolate, you must immediately get tested and travel by private car directly (without stopping) to your accommodation.

If you are unable to access a private car, or you are staying in temporary accommodation that ends before you will complete your self-isolation period, please call the NSW Health Isolation Support Line on 1800 943 553 for advice and assistance.

You may be told to self-isolate in a different accommodation such as a quarantine facility, hospital or other medical facility by a designated health practitioner or an authorised contact tracer (including an officer in the NSW Department of Education) at any time if they determine you cannot safely isolate at your home.

## How can I self-isolate safely within my home?

If you live with other people, you must keep completely separated from them during your self-isolation period.

### Physically distance

This means:

- Stay and sleep in a separate room
- Use a separate bathroom if available, or clean a shared bathroom after use
- Do not be in the same room as another person (even if they are also in isolation)
- Do not share household items including dishes, cups, towels and bedding. After using these items, wash them thoroughly with soap

If you are a contact and live with people who you cannot self-isolate from (e.g. a child or carer where alternative arrangements cannot be made), they will be required to self-isolate with you for your isolation period. They will need to get tested for COVID-19 at the same time as you.

### Practice good hygiene

- Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitiser:
  - Before entering an area where other people may go
  - Before touching things used by other people
  - After using the bathroom
  - After coughing or sneezing
  - Before putting on, and after removing face masks
  - Before eating or drinking

- Cover coughs and sneezes
- Regularly clean all surfaces you touch as much as possible (such as tabletops, doorknobs, bathroom fixtures) using household disinfectant or diluted bleach solution
- Wear masks in shared areas or when caring for other members of your household

Take extra care to remain separate from any members of your household who are elderly, immunocompromised or have medical conditions such as heart, lung or kidney problems.

## What if I live in an apartment building?

If you have to self-isolate and live in an apartment building, you will need to follow some extra steps to protect other building residents from COVID-19.

- You must remain inside your own unit. You should not use shared laundry facilities, or any other common areas, such as a gym, pool or shared outdoor area.
- Wash your clothes inside your own unit. Neighbours or friends should not do your laundry.
- Ask a neighbour or contact your building manager about collecting your rubbish. Leave the rubbish outside your door, return inside your unit, and close your door. The other person can collect the rubbish and should wear gloves and a surgical mask while doing this, and thoroughly wash their hands afterwards.
- If you are receiving deliveries including food to your home, please ask that it is left outside your door. Do not open the door to pick up the delivery until the corridor is empty.

## What if I have already had COVID-19?

If you are identified as a close contact but have already had COVID-19 in the past six months, you do not need to self-isolate and you do not need to get a test unless you have symptoms. Please use the medical clearance notice given to you by the clinical team as evidence of your past infection with COVID-19.

If your diagnosis was more than six months ago or you have any new symptoms of COVID-19, you must self-isolate immediately and get tested as soon as possible.

## What support is available while I am in self-isolation?

### Coping with self-isolation

Self-isolating can be difficult for you, your family and everyone living with you. Some strategies to help you cope include:

- Keep up a daily routine as much as possible
- Keep in touch with family and friends via telephone, social media or email
- Exercise at home where possible, spend time in private balconies or backyards or using home exercise equipment, if available
- Take care of yourself and try to eat healthy foods.

### Welfare and clinical support

If you need other practical support or have non-urgent health related questions during isolation call 1800 943 553.

If you start to feel unwell and your symptoms get worse contact your Local Health District clinical team, your doctor, or call Healthdirect (1800 022 222) if you need health advice. Let them know you are currently self-isolating due to COVID-19. In an emergency call 000 for example if you are having trouble breathing or pain in your chest. 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.

### Food and other essential supplies

Ask your family or friends who do not live with you to help pick up groceries and medicines as needed, or you can order online or by telephone. Ask them to leave the food on your doorstep and wait until they have left before opening the door with a mask on.

If you have no other way of obtaining food or other essentials call the NSW Health Isolation Support Line on 1800 943 553 and you will be directed to Service NSW for assistance.

## **Mental health and domestic violence support**

### **For mental health support:**

- NSW Mental Health Line – 1800 011 511
- Beyond Blue helpline – 1800 512 348
- Lifeline – 13 11 14
- Or visit the Service NSW [Mental wellbeing resources](#)
- NSW Health has partnered with Sonder to provide a personal wellbeing service, available to help support you. The app provides access to 24/7 multilingual chat & phone access to a range of mental health, medical and wellbeing support services. You can [download the Sonder app](#) for free. You may also receive a text message from Sonder notifying you that you have free access to the app through NSW Health. Downloading the app is optional and Sonder do not retain or use your data for any other purpose than notifying you of this service.

### **For domestic violence support:**

- National sexual assault and domestic violence helpline – 1800 RESPECT (1800 737 732)
- Kids Helpline – 1800 55 1800.