## How to self-quarantine fact sheet

### How to self-quarantine

The Northern Territory has declared a State of Emergency in response to the increasing threat of the coronavirus. Border restrictions and arrival requirements are in place for people coming into the Territory.

### Who needs to self-quarantine?

All non-exempt persons including Territory residents who arrive in the Northern Territory after 4pm 24 March 2020, are required to self-quarantine for 14 days.

### What does self-quarantine mean?

Stay at your nominated location for self-quarantine for a period of 14 days beginning on the day you arrive and ending at midnight on the fourteenth day after arrival.

Travel directly to your nominated location for self-quarantine to start quarantine using personal transport, such as a car, to minimise exposure to others. If you need to use public transport (e.g. taxis, ride-hail services, trains and buses), follow the precautions outlined in the public transport guide at www.health.gov.au/covid19-resources

During the 14 days of quarantine, you should stay at your place of self-quarantine and not go to public places including work, school, childcare, university, shops or public gatherings. Only people who usually live with you should be in the home or place of self-quarantine. Do not see visitors. If you are in a commercial accommodation, avoid contact with other guests or staff.

If you are well, there is no need to wear surgical masks at your place of self-quarantine. Ask others who are not in quarantine to get food and necessities for you. If you must leave your place of self-quarantine, such as to seek medical care, wear a surgical mask. If you don't have a mask, take care to not cough or sneeze on others. For more information about when to wear a mask, visit: www.health.gov.au/covid19-resources

### Monitor symptoms

When in self-quarantine, monitor yourself for symptoms including fever, cough, sore throat, tiredness or shortness of breath. Other possible symptoms include chills, body aches, runny nose and muscle pain.

### What do I do if I get sick?

If you develop symptoms (fever, a cough, sore throat, tiredness or shortness of breath) within the 14 day quarantine period, you should arrange to see your doctor for urgent assessment.

You should telephone the health clinic before you arrive and tell them your travel history and if you have been in contact with a confirmed case of Coronavirus. Your doctor will organise testing if they decide you meet the criteria. If you can't contact or get to your GP, but you have the symptoms, you should call 1800 008 002. This is a dedicated NT wide Coronavirus (COVID-19) number for people who need to arrange testing only.

You must remain quarantined either in your place of self-quarantine or a healthcare setting until public health authorities inform you it is safe for you to return to your usual activities.

## How can I prevent the spread of coronavirus?

Practising good hand and sneeze/cough hygiene and keeping your distance from others when you are sick is the best defence against most viruses. You should:

- Wash your hands frequently with soap and water, before and after eating, and after going to the toilet.

- Cover your cough and sneeze, dispose of tissues, and wash your hands.

- If unwell, avoid contact with others (stay more than 1.5 metres from people).

- Exercise personal responsibility for social distancing measures.

## Managing the 14 day quarantine

Being in isolation can be stressful and boring. Suggestions include:

- Keep in touch with family members and friends via telephone, email or social media.

- Learn about Coronavirus and talk with others.

- Reassure young children using age-appropriate language.

- Where possible, keep up normal daily routines, such as eating and exercise.

- Arrange to work from home.

- Ask your child's school to supply assignments or homework by post or email.

- Do things that help you relax and use quarantine as an opportunity to do activities you don't usually have time for.

## How is self-quarantine being monitored and enforced?

The Northern Territory Department of Health, with the support of the Northern Territory Police Force, undertake periodic checks on people who have arrived in the Northern Territory from 4pm Tuesday 24 March 2020 at their chosen residence, to ensure they are complying with the mandatory 14 days of self-quarantine. People who are not complying may face further action.

## Where can I go for more information?

For more information, visit **coronavirus.nt.gov.au**

Call the national coronavirus help line on **1800 020 080.** It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

If you have concerns about your health, speak to your doctor.

For more information visit **coronavirus.nt.gov.au**

NORTHERN TERRITORY GOVERNMENT