

## Northern Territory border checkpoint information sheet

For authorised officers use only

### What does this mean?

The Northern Territory Government through a formal declaration by the Chief Health Officer under the *Public and Environmental Health Act 2011* has implemented new border restrictions and arrival requirements in response to the increasing threat of the coronavirus.

From 4:00pm on Tuesday 24 March 2020, any person wishing to enter the Northern Territory from interstate will be required to self-quarantine for 14 days.

### How will it work?

All persons entering the Northern Territory must:

- Complete a Northern Territory Border Arrival Form. This can be pre-filled by downloading from [coronavirus.nt.gov.au](https://coronavirus.nt.gov.au) or completed upon arrival at the border.
- Travel directly from your border entry to a premises that is suitable for the person to reside in for a period of 14 days whilst ensuring avoidance of any close contact with other persons whilst in transit to that premises.
- Remain in those premises for the period beginning on the day of arrival and ending at midnight on the fourteenth day after arrival, except:
  - » for the purpose of obtaining medical care or medical supplies; or
  - » for an emergency.

### Who is exempt?

- National and Territory security and governance
- Health and emergency service
- Transport, freight and logistics
- Specialist skills
- Other exemptions can be applied for in writing from the Chief Health Officer if satisfy they:
  - » are essential for the proper functioning of the Northern Territory; or
  - » need an exemption to avoid unusual, undeserved or disproportionate hardship; or
  - » are governed by a COVID-19 management plan, imposed by the employer of the person or class of person, to prevent the transmission of COVID 19.

### What does self-quarantine mean?

Stay in your chosen residence of quarantine, except to access medical care or for an emergency

Do not attend public places, including work, school, childcare, university, shops or public gatherings

Only people who usually live with you should be in the residence unless they are delivering medical care or medical supplies or for an emergency or other urgent circumstances.

Travel days between point of entry into the Northern Territory and location of self-quarantine do not contribute to the 14-day quarantine period.

### 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.

## Does being exempt make you exempt from all other advice to limit the spread of coronavirus?

No. All exempt workers must:

- Sleep in a single room and not reside in a shared room or dormitory style accommodation if you are staying overnight
- Monitor yourself for symptoms of fever, cough, sore throat, muscular pains, shortness of breath and unexpected tiredness; if symptoms develop:
  - » remove yourself from the workplace or public place and self-quarantine; and
  - » contact a GP or the Public Health phone number 1800 020 080 to get medical advice or arrange testing.
- When you are away from your accommodation/room, apply social distancing measures. You must only be within 1.5 metres of another person to:
  - » obtain life essential supplies or services that cannot be readily obtained online;
  - » be tested or assessed for infection by COVID-19, or seek medical advice; or
  - » carry out a compassionate purpose e.g. to visit a dying close relative in hospital or other care setting, if your Essential Traveller status is based on compassionate grounds.
- Practise strict cough and sneeze hygiene, including covering mouth and nose, the use and disposal of disposable tissues, and washing hands frequently and thoroughly with soap and water or a hand-sanitizer
- In addition, those that are coming into contact with vulnerable persons must:
  - » at a minimum – wear a surgical mask at all times when engaged in the provision of health services or health care to persons or in a health care or residential care setting, or when in close proximity to a vulnerable person; or
  - » wear the personal protective equipment that is normally worn during such contact by health care or residential care workers for the service being delivered.

## Signs and symptoms of coronavirus?

Fever, coughing, sore throat and shortness of breath.

## What happens if you get sick?

If you are sick and think you have symptoms of coronavirus (COVID-19), seek medical attention.

It is very important to call ahead to your doctor or emergency department so they can prepare appropriate infection control measures.

If your symptoms are serious, such as difficulty breathing, call 000 for urgent medical help.

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 Northern Territory wide coronavirus (COVID-19) number for people who need to arrange testing only.

If you live in the Darwin area and need to arrange testing, call the Public Health Unit on 8922 8044.

## How can they minimise the spread of the coronavirus?

Social distancing by maintaining a distance of 1.5 metres between people, and practise good hygiene including:

- covering your coughs and sneezes with your elbow or a tissue; ensuring to dispose of tissues properly
- washing your hands often with soap and water, including before and after eating and after going to the toilet
- using alcohol-based hand sanitisers
- cleaning and disinfecting surfaces regularly
- if you are sick, avoiding contact with others and stay more than 1.5 metres away from people
- cleaning and sanitising frequently used objects such as mobiles, keys and wallets.

## Who needs testing?

If you are not displaying symptoms then you don't need to be tested. Instead, ensure you maintain focus on the following good hygiene practices to help prevent the virus spreading.

## Where can I go for more information?

For more information, visit [coronavirus.nt.gov.au](https://coronavirus.nt.gov.au) or call the hotline – open 24 hours, 7 days – **1800 020 080**