

## Conditions for exempt persons fact sheet

The Northern Territory has declared a Public Health Emergency under the *Public Health and Emergency Act 2011* 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 persons including Northern Territory residents who arrive in the Northern Territory from 4pm on 24 March 2020, who are not exempted persons, are required to self-quarantine for 14 days.

### Exempt persons

Persons that meet the criteria for exemption under the *Public and Environmental Health Act 2011* are not required to self-quarantine for 14 days but must still comply with strict conditions during their time in the Northern Territory.

### Conditions for exempt persons

All exempt persons entering the Northern Territory must still practice appropriate measures to limit the spread of coronavirus. If you are entering the Northern Territory and are exempt from self-quarantine you 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.
- Take all reasonable steps to stay at least 1.5 metres away from any other person. 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 exempt person status is based on compassionate grounds.
- Practice 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
- While in the Territory and not working, exempt transport, freight, train, ship and flight crews must self-quarantine for 14 days unless departing earlier, for example:
  - » A truck driver can stay in their truck
  - » A member of a ship's crew can stay on their ship
- Comply with any directions given by the Chief Health Officer, COVID-19 Hotline or a medical practitioner.

## Additional conditions

In addition, all exempt healthcare workers and any other exempt persons coming into contact with a vulnerable person should:

- 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.

## What do I do if I get sick?

If you develop symptoms (fever, a cough, sore throat, tiredness or shortness of breath) 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 home, hotel, accommodation 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.

## Where can I go for more information?

For more information, visit [coronavirus.nt.gov.au](https://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.