# Testing, Isolating and Quarantine requirements 5 January 2022



# **COVID-19 POSITIVE**

#### **ISOLATION:**

- 10 days isolation from the date of first positive COVID-19 test.
- The day the test is taken is day 0.
- If symptoms persist at day 10 contact the COVID Response Care Team.

#### **TESTING:**

• No testing requirements to leave isolation.

#### **NOTES:**

- Don't wait for a text message, notify your household, school or employer and anyone you have had close personal contact with in the 2 days prior to symptoms or testing positive.
- Close personal contact includes:
- close proximity, and
- indoors, and
- no mask, and
- for more than 15 mins
- You will receive a phone call or text message from SA Health with a survey to complete.

# **CLOSE CONTACT**

Household contacts who <u>can</u> separate from the person with COVID.

Household contacts who <u>cannot</u> separate from the person with COVID.

- Notified by SA Heath that they are a close contact; or
- Visited a transmission site listed on the SA Health website; or
- Close personal interaction with a COVID-19 case during their infectious period.

## **QUARANTINE:**

- 7 days from last day of contact with positive case.
- You must receive a negative COVID-19 test on day 6 to leave quarantine.

## **QUARANTINE:**

• 14 days from the date the person with COVID-19 had their test.

## **QUARANTINE:**

- 7 days from the last date of contact with the COVID-19 positive case.
- You must receive a negative COVID-19 test on day 6 to leave quarantine.

# **TESTING:**

- Get tested as soon as possible; and on day 6 after exposure.
- Get tested as soon as possible if symptoms develop.

#### **TESTING:**

 Get tested immediately if symptoms develop.

#### **TESTING:**

- Get tested as soon as possible; and on day 6 after exposure.
- Get tested as soon as possible if symptoms develop.
- If you know you are a close contact please do not wait for a text message, get tested and quarantine immediately.

# **NOTES:**

After leaving quarantine, between day 8-14:

- Do not attend high risk settings or COVID Management Plan events.
- Wear a surgical mask when around others.
- Avoid contact with vulnerable people.
- Avoid non-essential activities where possible and avoid shared spaces.
- · Maintain physical distancing.

### **NOTES:**

After leaving quarantine, between day 8-14:

- Do not attend high risk settings or COVID Management Plan events.
- Wear a surgical mask when around others.
- Avoid contact with vulnerable people.
- Avoid non-essential activities where possible and avoid shared spaces.
- Maintain physical distancing.

# **OTHER REQUIREMENTS**

- Monitor for symptoms. If symptoms develop you should get tested as soon as possible and quarantine until you get the result.
  - Visit the SA Health website for exposure sites.
- If you are made aware of a location you have been has had someone with COVID-19, such as a hospitality venue, place of worship or a recreation facility, monitor for symptoms.
  - Wear a mask in indoor settings Practice good hand hygiene Keep 1.5m from others where possible.