

Self-isolation guidelines for people who have visited or travelled from Melbourne hotspots

Public Health (COVID-19 Interstate Hotspots) Order 2020 [NSW]

In recent weeks, Victoria has seen increased COVID-19 activity within some areas of Melbourne. NSW Government has implemented restrictions on people who have been in the Melbourne hotspots in the previous 14 days.

Under the Public Health (COVID-19 Interstate Hotspots) Order 2020 if you are from or have been in a [Melbourne hotspot](#) within the past 14 days, you must not enter NSW unless it is your usual place of residence. However, you are permitted to enter NSW to obtain medical or other care, or to fulfil a legal obligation, or are providing essential services.

People who have been in the Melbourne hotspots in the previous 14 days must:

- self-isolate at home or in other suitable accommodation for 14 days
- not leave your accommodation except for the following reasons: obtaining medical care, complying with a legal obligation, an emergency, providing essential services or leaving NSW
- not let other people into your residence unless they live there.

Guidelines

If currently in NSW, you are permitted to leave via means of private transport only – i.e. a private car. Do not use public transport

Monitor symptoms

You should monitor yourself for any new symptoms. Watch particularly for:

- fever (37.5°C or higher), night sweats or chills
- cough
- shortness of breath or difficulty breathing
- sore throat
- loss of smell
- loss of taste.

Other reported symptoms of COVID-19 include headache, fatigue, runny nose, muscle pain, joint pain, diarrhoea, nausea/vomiting and loss of appetite.

If you develop symptoms, you should seek testing and medical advice as soon as possible.

You have three main options:

- Visit your nearest [COVID-19 clinic](#) or drive through clinic. When you arrive, immediately tell staff that you have travelled from a Melbourne hotspot area.

To access this document electronically please scan the QR code.



- Call your local doctor to make an appointment and tell them you have travelled to a Melbourne hotspot area.
- Call the healthdirect hotline on 1800 022 222 and tell them you have travelled from a Melbourne hotspot area.

Note: If you go to see a doctor make sure you wear a surgical mask while you go there, if you have one. You should travel directly to the doctor or COVID-19 clinic by private car or taxi (sitting in back seat with the window open). Do not use public transport.

If you become severely unwell and it is a medical emergency you should phone 000. Tell the ambulance staff that you have been in home isolation for COVID-19.

Can I go to work or school? Can I have visitors?

No. Self-isolation means you must stay at your home or premises and restrict your normal activities.

If you are staying in a hotel or motel, you should not leave your room.

You cannot go to work, unless you are providing an essential services. You should check, as your employer may have additional requirements around work attendance. You cannot go to school, childcare, recreation facilities, public areas, sightseeing or go shopping.

You should not allow people who do not have an essential need to be in your home or accommodation while you are in isolation.

Note: You can also leave your home or accommodation because of an emergency (including to avoid injury or escape a risk of harm from domestic violence).

Can I go into the garden?

You can go into your private garden if you have one.

Separate yourself from other people in your home

If you are sharing a home with others, you should as much as possible:

- remain separated from others
- use a separate bathroom when available
- avoid communal areas and wear a surgical mask when moving through those areas
- not share a room with people who are at risk of severe disease, such as elderly people, immunocompromised people, and those who have heart, lung or kidney conditions, and diabetes.

For further information about isolation requirements for parents and children, please refer to [parents and carers](#).

Wear a surgical mask

You should wear a surgical mask when you are in the same room with other people (even if they are also in isolation) and when you visit a healthcare provider.

Make sure your surgical mask covers your nose and mouth at all times, and avoid touching your mask unnecessarily.

Cover coughs and sneezes

You should cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your sleeve or elbow. Used tissues should be placed in a bin, and hands immediately washed with soap and water for at least 20 seconds.

Wash your hands

You should wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitiser if your hands are not visibly dirty. Ensure you wash your hands or use a hand sanitiser:

- before entering an area where there are other people
- before touching things used by other people
- after using the bathroom
- after coughing or sneezing
- before putting on, and after removing, gloves and masks.

Avoid sharing household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water or use a dishwasher/washing machine.

Tips for you and your family to help cope with home isolation

- Reassure young children using age-appropriate language.
- Keep up a normal daily routine as much as possible.
- Arrange with your employer to work from home.
- Ask your child's school to supply assignments, work sheets and homework by post or email.
- Think about how you have coped with difficult situations in the past and reassure yourself that you will cope with this situation too. Remember that isolation won't last forever.
- Keep in touch with family members and friends via telephone, email or social media.
- Exercise regularly at home. Options could include exercise DVDs, dancing, floor exercises, yoga, walking around the backyard or using home exercise equipment, such as a stationary bicycle, if you have it. Exercise is a proven treatment for stress and depression.
- Ask your family, friends or other members of the household to pick up your groceries and medicines for you. If this is not possible, you can order groceries and medicines (including prescription medicines) online or by telephone.
- Treat isolation as an opportunity to do some of those things you never usually have time for, such as board games, craft, drawing and reading.

Still have questions or need support while in isolation?

- [Service NSW](#): 13 77 88
NSW Government service to support people who do not have the financial means or local support networks to enable them to isolate safely according to the guidelines above.
- [Lifeline Australia](#): 13 11 14
A crisis support service that provides short term support at any time for people who are having difficulty coping or staying safe.
- [Kids Helpline](#): 1800 551 800
A free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25 years.
- NSW Mental Health Line: 1800 011 511
Mental health crisis telephone service in NSW.
- Call the National Coronavirus Health Information line: 1800 020 080

For more information

Visit [NSW Health - COVID-19 \(Coronavirus\)](#).