

Information for people who are Close Contacts of someone with COVID-19

What does being a “Close Contact” mean?

The Public Health mob call someone a Close Contact if they are in the same household as a person with COVID-19 or have had at least 4 hours in a “household-like” environment. This could be spending all day or staying overnight at another house where a family member or friend has COVID-19.

What do I do if I am a Close Contact?

You’ll need to go into “quarantine” for 7 days, get tested for COVID-19 now and on Day 6, and watch to see if you develop any symptoms.

Why do I have to go into quarantine?

There’s a good chance you may have been infected with COVID-19. It can sometimes take up to a week after you’ve been infected before a COVID test turns positive. In this time, you could pass on the COVID infection to someone else without even knowing.

Stopping home in quarantine buys some time to find out if you have COVID-19 or not and helps make sure that if you DO have it, you’re not accidentally passing it on to other mob – especially elders and others who could get really sick if they catch COVID-19.

What does home quarantine actually mean?

Home quarantine means stopping at home and not leaving the house for anything – except urgent healthcare or if you need to leave urgently for your own safety.

Otherwise – it means not going to work or school, not visiting friends or family, not going out shopping, no visits the park or walking the dog. No visitors will be allowed to the house while you are quarantining.

Staying in your home for at least a week can put lots of stress on a household – if you need assistance with shopping, meals, paying bills, feeding the pets, caring for kids, or any other home supports – contact Mob Link on 1800 254 354.



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Do I have to get a COVID test and if so, when?

It's recommended you get a COVID test when you first find out you are a Close Contact. You'll also need to get another test on Day 6 – that means 6 days after you last had contact with the person with COVID-19. If the person with COVID-19 is in the same household as you, you can start counting your quarantine time from the day the person found out they had COVID-19 and started isolating at home.

Getting access to a test can sometimes be tricky. A Rapid Antigen Test (RAT) is the recommended COVID test – this comes in a kit and can be done in your own home. If you have any trouble getting access to testing, you may be able to miss the first test, and just get a test done on Day 6.

You will need to have a negative COVID-19 test around Day 6 before you will be allowed to leave home quarantine. If you can't get a test done, contact your local AMS Clinic or GP, or contact Mob Link on 1800 254 354 for assistance.

The other time when a test might be needed is if you develop symptoms at any time while you are in quarantine...

What if I develop symptoms of COVID-19?

At any time while you're in quarantine if you develop symptoms of COVID-19 (e.g. fever, runny nose, sore throat, headache, cough, aches and pains, loss of taste or smell) – it's recommended you get a test to confirm whether you have COVID-19. That said – if you have symptoms, it's really likely you will have COVID-19 – and even more important than getting a test will be to make sure you have the right care if you need it.

If you have any risk factors for getting really sick with COVID-19 – e.g. being elderly, having chronic diseases like diabetes, high blood pressure, obesity, lung disease, kidney disease, being pregnant, having cancer treatment... make contact with your AMS or GP, or contact Mob Link on 1800 254 354 to get advice and assistance with managing your COVID illness.



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When can I leave quarantine?

If you stay well and don't develop any COVID symptoms – you can leave your house after 7 days of quarantine BUT ONLY IF you had a COVID test on or around Day 6 which was negative.

After you leave quarantine – you will need to take extra care for another 7 days as there is a very small risk that you may still develop COVID-19 up to 14 days after you had contact with the person with COVID-19. You'll need to wear a mask everywhere you go outside the home, and avoid visiting places like hospitals, aged care homes, disability accommodation and prisons. You should also try to avoid visiting really vulnerable family members or friends – especially elders and people having cancer treatment.



1800 254 354

