



COVID-19 Self Isolation - Help Stop the Spread


YOU MUST SELF ISOLATE IF YOU HAVE :



TRAVELLED FROM OVERSEAS OR INTERSTATE



BEEN DIAGNOSED WITH COVID-19



BEEN IN CONTACT WITH SOMEONE WHO HAS COVID-19



YOU MAY NEED TO SELF ISOLATE IN YOUR HOME, A HOTEL OR AT A HOSPITAL



YOU CANNOT HAVE VISITORS WHEN YOU ARE SELF ISOLATING

ONLY LEAVE FOR URGENT MEDICAL TREATMENT. CALL FIRST



STAY AWAY FROM OTHER PEOPLE LIVING IN YOUR HOME



DO NOT GO TO PUBLIC PLACES



DO NOT GO TO THE SHOPS



STAY IN YOUR HOME OR YARD



CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

YOU NEED TO SELF ISOLATE FOR 14 DAYS

Current as at 12th May 2020