

COVID-19 symptoms: Fever more than or equal to 38.0°C or new cough or shortness of breath or anosmia, dysgeusia or ageusia (loss of sense of smell, or loss of sense of taste or distortion of sense of taste)

Self-isolation means staying indoors and completely avoiding contact with other people. This includes other people in your household, as much as possible. It applies to people with proven or suspected COVID-19.

Restricting movement means avoiding contact with other people and social situations as much as possible. It applies to those who are without symptoms but considered at higher risk of developing COVID-19 because they were exposed to a particular risk.

| | Condition | Person | Others |
|---|--|---|---|
| 1 | Proven COVID-19 | Self-isolate for 10 days with last 5 days without a fever | Close contacts restrict movements for 14 days (after last contact with case*) |
| 2 | COVID-19 symptoms, not tested | Self-isolate for 10 days with last 5 days without a fever | Close contacts restrict movements for 14 days (after last contact with case*) |
| 3 | COVID-19 symptoms awaiting test (this includes patients with samples reported as indeterminate/invalid until such time as repeat test is available or it has been determined that COVID-19 has been excluded on other grounds) | Self-isolate pending test result including self-isolation from household members | Members of the household restrict movements pending test results/exclusion of diagnosis of COVID-19 |
| 4 | COVID-19 symptoms, test result "Not Detected" | Follow medical advice. Restrict movements until 48 hours symptom free. Continue to limit contact with household members to limit spread of viral symptoms | Restrictions no longer needed |
| 5 | Some medical symptoms that may be COVID-19 related and awaiting medical assessment that day to determine if testing is required | Self-isolate pending assessment | No restrictions until medical assessment offers further direction |
| 6 | No symptoms. Close contact of proven case | Restrict movements for 14 days, testing as advised | No restrictions |
| 7 | Minor respiratory symptoms, no COVID-19 symptoms (see top of page). Close contact of proven case OR travel from non "Green-List" country | Assessment and testing advised. Self-isolate pending assessment of symptoms. N.B. Movements should be restricted for 14 days due to close contact/travel from non "Green-List" country | Members of the household restrict movements pending assessment |
| 8 | Minor respiratory symptoms, no COVID-19 symptoms (see top of page) and NO ill contacts or no history of travel | Remain at home until 48 hours after resolution of all symptoms | No restrictions |
| 9 | Travel from non "Green-List" country | Restrict movements for 14 days. If develops symptoms self-isolate and test for COVID-19 (See point 7) | No restrictions unless the person who has returned develops symptoms |

*In limited cases it might not be possible for a case to self-isolate from their household contacts. This may occur if the case has additional needs. In these exceptional circumstances, household contacts must restrict their movements for 17 days from the day of onset of symptoms in the case (or test date if asymptomatic).