

Key Information for Cases and Contacts in Phase 2 – 14 February

If you have COVID	If you are a household contact	If you are a close contact (outside of the household)
<ul style="list-style-type: none"> You will be notified by text. If you do not have a mobile number, you may receive a call You will be asked to complete an online COVID-19 contact tracing form if possible You will need to self-isolate at home for 10 days Avoid contact with other household members to the greatest extent possible during your isolation period Wear a mask and physically distance in shared spaces during your isolation You can end your self-isolation after 10 days 	<ul style="list-style-type: none"> You may be notified that you are a household contact by a person that you live with who has COVID-19, by text, push notification or Bluetooth alert If you live with someone who has been confirmed to have COVID-19, you need to self-isolate <ul style="list-style-type: none"> from the day that the case receives their positive test result (or is notified as probable) until the case completes their 10 days of self-isolation and is released You need to get a test on day 3 and day 8 of the case's (person with COVID-19) isolation period. If symptoms develop at any stage, you need to self-isolate for 10 days as a probable case Avoid or minimise contact with the person with COVID-19 to the greatest extent possible during your isolation at home You can end your self-isolation on the same day as the (first) person with COVID-19 in the household, provided you have no new or worsening symptoms AND your tests were negative 	<ul style="list-style-type: none"> You may be notified that you are a close contact of a person with COVID-19 by text, push notification or Bluetooth alert You may also be notified directly from a person with COVID-19, your employer or school You need to isolate at home for 7 days from the last time you were exposed to the person with COVID-19 Get tested on day 5 after you were exposed to the person with COVID-19 or if symptoms develop You can end your self-isolation after 7 days, provided you have no new or worsening symptoms AND your day 5 test was negative
<p>In addition to these guidelines, stay home if you're feeling unwell.</p>		
<p>For more information about what to do if you are a case or contact, and for information about the support available in the different phases, please visit the Unite Against COVID-19 website.</p>		