



Protecting yourself from coronavirus

# Important information for people arriving into Tasmania

## You must fill out a *Tasmanian Arrivals Form* and quarantine for 14 days\*.

\* If you are an *Essential Traveller* as listed on the *Tasmanian Arrivals Form*, conditions will apply. These conditions can be found on the [Quarantine Conditions for Essential Travellers](#).

A person in quarantine cannot attend public places, including: work; the supermarket; school; childcare or university.

If you start experiencing a temperature and flu-like symptoms, please contact the Tasmanian Public Health Hotline on **1800 671 738**.

If you start experiencing severe symptoms, like difficulty breathing, call Triple Zero (000) and ask for an ambulance. Tell the ambulance officers you are in quarantine due to recent international travel.

In many cases people who contract COVID-19 recover easily and only experience mild symptoms however you can help reduce the spread of illness.

Help slow the spread of viral illnesses by washing your hands often with soap and water and using a tissue or your elbow to cover your mouth and nose when you cough or sneeze.

For more information about quarantine and the latest on the coronavirus situation visit [health.tas.gov.au/coronavirus](http://health.tas.gov.au/coronavirus)

## What does quarantine mean?

Being quarantined in your place of accommodation means that people need to stay at their location except to access important, arranged medical care. A person in quarantine cannot leave to attend public places, including: work; supermarkets; school; childcare or university. If quarantining at home, only people who usually live in the household should be in the home.

If you are visiting Tasmania, you need to go straight to your accommodation, advise your accommodation provider on arrival and remain there.

**Do not have visitors while in quarantine.**

## Travelling to your accommodation

If you need to travel to your location for quarantine (for example, travelling from the airport), you are advised to use a personal mode of transport, such as a car, to minimise exposure to others.

If you need to use public transport (e.g. taxis, ride-hail services and buses), please adhere to the following precautions:

- Wear a surgical mask, if available;
- Avoid direct contact with other passengers, drivers and transport staff;
- Practise good hand hygiene and cough/sneeze hygiene;
- Wash your hands frequently with soap and water, before and after eating, and after going to the toilet;
- Cover all coughs and sneezes, dispose of tissues straight away, wash your hands or use alcohol-based hand sanitiser; and
- Minimise contact and stay 1.5m away from others.

## Quarantining at home

Household members who did not travel with you, should consider staying elsewhere if possible.

Elderly people and those with compromised immune systems or serious long-term health conditions should stay away. If you are sharing the home with others, you should stay in a different room from them, or be separated as much as possible.

You should use a separate bathroom, if available. Avoid shared or communal areas.

Surfaces in shared areas such as door handles, taps and benches should be cleaned.