

Protecting yourself from coronavirus

Important information for international arrivals into Tasmania

*In line with the Australian Government announcement all international arrivals into Australia from midnight Sunday, 15 March 2020, are required to **self-isolate for 14 days**. This includes people having travelled internationally en route to Tasmania.*

A person in isolation cannot attend public places, including: work; the supermarket; school; childcare or university (more details about self-isolation can be found by turning flyer over).

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 self isolation due to recent international travel.

In many cases people who contract the coronavirus 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 self-isolation and the latest on the coronavirus situation visit [health.tas.gov.au/coronavirus](https://www.health.tas.gov.au/coronavirus)



What does self-isolation mean?

Being isolated in your place of accommodation means that people need to stay at their location. A person in isolation cannot leave to attend public places, including: work; supermarkets; school; childcare or university.

If isolating at home, only people who usually live in the household should be in the home.

If you are visiting Tasmania, you will need to remain at your first point of arrival and advise the accommodation provider.

Do not see visitors while in isolation.

Travelling to your accommodation

If you need to travel to your location for isolation (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 your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser; and
- If unwell, avoid contact with others (stay more than 1.5 metres from people).

Isolating at home

Household members should consider staying elsewhere if possible.

Elderly people and those with compromised immune systems or chronic 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 and wear a surgical mask when moving through these areas.

Surfaces in shared areas such as door handles, taps and benches should be cleaned daily with household disinfectant or a diluted bleach solution.

For more information visit,
www.health.tas.gov.au/coronavirus