

Testing, Isolating and Quarantine requirements 29 March 2022

COVID-19 POSITIVE

ISOLATION:

- 7 days isolation from the date of first positive COVID-19 test.
- The day the test is taken is day 0.
- You can leave isolation after 7 days if you have not had a sore throat, runny nose, cough, or shortness of breath in the last 24 hours of isolation.
- If you have these symptoms, please stay in isolation until 24 hours after your symptoms have resolved.
- If symptoms persist, contact your GP or the National Coronavirus Helpline on 1800 020 080.

TESTING:

- COVID-19 testing not required for 12 weeks after finishing isolation.

NOTES:

- Notify your household, school or employer and anyone you have had close personal contact with in the 2 days prior to symptoms or testing positive.
- Complete the online survey in a text message received from SA Health.
- On days 8 to 10 after finishing isolation, you should:
 - wear a mask when around other people
 - not attend high risk settings (aged care, health care, disability care, correctional services). If you work in a high risk setting, advise your employer before returning to work.
 - continue to follow this advice on days 8 to 14 if you have a weakened immune system (transplant recipient or receiving chemotherapy).

CLOSE CONTACT

QUARANTINE:

- 7 days from the last date of contact with the COVID-19 positive case.
- You must receive a negative result in your final COVID-19 test to leave quarantine.
- If in the same house as a positive case you must quarantine for 7 days and avoid contact with the positive case to reduce the risk of COVID-19 spreading.

TESTING:

- If you have COVID-19 symptoms, get a PCR test on day 1 and on day 6 after exposure.
- If you have no COVID-19 symptoms, access free rapid antigen tests and test on day 1, 3, 5 and 7 or get a PCR test on day 1 and day 6.
- Get a PCR test as soon as possible if symptoms develop.

NOTES:

- On days 8 to 14 after finishing quarantine, you should:
 - monitor for symptoms and if symptoms develop, get a PCR test as soon as possible
 - wear a mask when around others
 - practice good hand hygiene
 - not attend high risk settings or COVID Management Plan events.

CLOSE CONTACTS INCLUDE:

- Household contacts, intimate partners, someone who stays overnight in the same house as a COVID-19 case during their infectious period.
- Someone who has had close personal interaction with a person with COVID-19 for a cumulative period of 4 hours or more during their infectious period:
 - where masks are not worn by the person and the COVID-19 case and
 - in close physical proximity (within 1.5 metres) and
 - in an indoor setting.
- Someone notified by SA Health that they are a close contact.
- Someone who has been to a close contact exposure site listed on the SA Health website.