

What happens if I'm a close contact?



Who is a close contact?

You are a close contact if you:

- live with someone who is sick with COVID, for example a family member or you share a house with someone; or
- have spent more than 4 hours with a sick person in someone's home, or other accommodation, for example an aged care home or a hotel.

If you find out that you are a close contact, you need to quarantine at home for 7 days. If you live with someone who is sick, your quarantine starts on the day they test positive. If you don't live with them, your quarantine starts from when you last had contact with them.

All close contacts need to have a test on Day 6. You can leave quarantine after 7 days if you get a negative test result on day 6 and you don't have any symptoms. You should get a test earlier than day 6 if you start to have symptoms while in quarantine. If you have a test earlier and your result was negative, you also need to get a test on day 6 to exit quarantine.

If you test positive you are no longer considered a close contact. You are now a person with COVID-19 and you need to isolate for seven days from your test result.

When can I return to work?

Close contacts who have a negative test on day 6 and no symptoms, can leave quarantine after day 7.

When you leave quarantine, it is important to wear a mask and avoid contact with vulnerable people for the next 7 days. You cannot visit aged care or disability care homes unless for work.

Critically essential workers

If you are a close contact, you can return to work if you are a 'critically essential worker' if you fulfil certain conditions. A critically essential worker is someone whose job is in health, aged care, disability care, pharmacies, essential retail, agriculture and farming, meat processing and resources. Ask your employer if you are a critically essential worker.



If you are a critically essential worker and a close contact, you can leave quarantine to work, if you fulfil the following conditions:

- had two doses of the COVID-19 vaccine
- had your booster (if eligible)
- don't have any COVID-19 symptoms
- keep up COVID-safe behaviours, like wearing a mask and washing hands often
- travel by private transport only, and
- go back into quarantine when you are not at work.

You must test on your first day of work before starting, and on every second day until 7 days is over. This includes a test on Day 6. Your employer must provide your RAT tests.

If you start to have symptoms, you must stay at home.

Your employer might ask you to work if you are a critically essential worker and you are a close contact who is quarantining at home. You can choose to work or stay in quarantine. Your employer cannot force you to work.

Where to get help

If you need help managing your symptoms at home, or would like advice about medical care for COVID-19, call the National Coronavirus Helpline on **1800 020 080**. Press 8 for an interpreter. You may need to wait a few minutes to be connected. Please be patient, you will be looked after.

If you want to speak to a nurse, call 13 HEALTH **13 43 25 84** and press 3 for health advice about COVID-19.

For help registering a positive RAT test, booking a vaccine, testing, or information about COVID-19 restrictions call 134 COVID **13 42 68**.

If you need help to get food, medicine and other supplies, you can contact the Community Recovery Hotline on **1800 173 349**.

If you are worried, or finding it hard to cope, you can call Multicultural Connect on **1300 079 020** and speak to someone in your own language.

In an emergency, always call an ambulance on **000**.



It is free to ask for an interpreter when calling these services.

