

COVID-19 symptoms: Fever more than or equal to 38.0°C or new cough or shortness of breath or anosmia, dysguesia or ageusia*

Self-isolation means staying indoors and completely avoiding contact with other people. This includes other people in your household, as much as possible. It applies to people with proven or suspected COVID-19.

Restricting movement means avoiding contact with other people and social situations as much as possible. It applies to those who are without symptoms but considered at higher risk of developing COVID-19 because they were exposed to a particular risk.

| | Condition | Person | Others |
|----|--|--|--|
| 1 | Proven COVID-19 | Self-isolate for 10 days with last 5 days without a fever | Close contacts restrict movements for 14 days (after last contact with case) |
| 2 | COVID-19 symptoms, not tested | Self-isolate for 10 days with last 5 days without a fever | Close contacts restrict movements for 14 days |
| 3 | COVID-19 symptoms awaiting test (this includes patients with samples reported as indeterminate/invalid until such time as repeat test is available or it has been determined that COVID-19 has been excluded on other grounds) | Self-isolate pending test result | Members of the household restrict movements pending test results |
| 4 | COVID-19 symptoms test result "Not Detected" | Follow medical advice. Restrict movement until 48 hours symptom free | Restrictions no longer needed |
| 5 | Some medical symptoms that may be COVID-19 related and awaiting medical assessment that day to determine if testing is required | Self-isolate pending assessment | No restrictions until medical assessment offers further direction. |
| 6 | No symptoms. Close contact of proven case | Restrict movements for 14 days, testing as advised | No restrictions |
| 7 | Runny nose or other minor symptoms and 'off-form', no fever equal to or greater than 38.0°C, no cough, no shortness of breath. Close contact of proven case OR travel to non "Green-List" country | Assessment and testing advised. Self-isolate pending assessment of symptoms. N.B. Movements should be restricted for 14 days due to close contact/travel to non "Green-List" country | Members of the household restrict movements pending assessment |
| 8 | Runny nose or other minor symptoms and 'off-form', no fever equal to or greater than 38.0°C, no cough, no shortness of breath AND ill household contact with COVID-19 symptoms | Assessment and testing advised. Self-isolate pending assessment of symptoms | Members of the household restrict movements pending assessment |
| 9 | Runny nose or other minor symptoms and 'off-form', no fever equal to or greater than 38.0°C, no cough, no shortness of breath, and NO ill contacts or history of travel | Keep home from school or childcare for a period of 48 hours to observe emerging condition | No restrictions |
| 10 | Runny nose, not unwell, good form, good energy and normal appetite, no fever, not requiring paracetamol, ibuprofen or any other antipyretic | Can go to school | No restrictions |
| 11 | Travel from non "Green-List" country | Restrict movements for 14 days. If develops symptoms self-isolate and test for COVID-19 | No restrictions unless the person who has returned develops symptoms |

*loss of sense of smell, or loss of sense of taste or distortion of sense of taste.