

Public Health (Diagnosed People and Household Contacts) Emergency Direction 2022 (No 7)

Notifiable Instrument NI2022–346

made under the

Public Health Act 1997, s 120 (Emergency actions and directions)

1. Name of instrument

This instrument is the *Public Health (Diagnosed People and Household Contacts) Emergency Direction 2022 (No 7)*.

2. Commencement

This instrument commences at 11:59pm on 11 July 2022.

3. Public Health Emergency Direction

I, Dr Kerryn Coleman, Chief Health Officer, consider it necessary or desirable to alleviate the emergency declared under the *Public Health (Emergency) Declaration 2020 (No 1)* [NI2020-153] (the **declared emergency**) on 16 March 2020, to give the directions as set out in this instrument.

4. Duration

This direction is in force for the period ending on the day the declared emergency (as extended or further extended) ends, unless it is earlier revoked.

5. Revocation

This instrument revokes the *Public Health (Diagnosed People and Household Contacts) Emergency Direction 2022 (No 6)* [NI2022-214].

Dr Kerryn Coleman
Chief Health Officer

11 July 2022

Public Health Emergency Direction

Public Health Act 1997

*Made under the Public Health Act 1997,
section 120 (Emergency actions and directions)*

I, Dr Kerryn Coleman, Chief Health Officer, consider it necessary or desirable to alleviate the emergency declared under the *Public Health (Emergency) Declaration 2020 (No 1)* [NI2020-153] (the **declared emergency**) on 16 March 2020, to give the directions as set out below.

The purpose of this Direction is to require people who are diagnosed with **COVID-19** through a **COVID-19 test** to self-isolate, and for a **household contact** of a diagnosed person to undergo quarantine in order to limit the spread of **COVID-19**. This Direction requires a person who returns a positive result from a **rapid antigen test** to complete an online form notifying the ACT Health Directorate of the positive result which allows the Directorate to provide appropriate advice to the individual on self-isolation requirements together with care, support and treatment options.

Grounds for directions

I consider the directions are necessary or desirable to alleviate the **COVID-19** emergency on the grounds that—

- (a) **COVID-19** poses a serious public health risk to the Australian Capital Territory;
- (b) the World Health Organization declared the Omicron variant of **COVID-19** to be a variant of concern on 26 November 2021;
- (c) the Omicron variant of **COVID-19** is highly transmissible and remains the dominant variant globally and in the Australian Capital Territory following its introduction on 3 December 2021. There are several sub-lineages of the Omicron variant that are being carefully monitored;
- (d) most recently, the BA.4 and BA.5 sub-lineages of the Omicron variant are emerging as the dominant sub-lineages in Australia, being more prone than BA.2 to escape immunity provided by vaccination and earlier **COVID-19** infection. This is likely to see rates of reinfection rise among those who have previously been infected with an earlier COVID-19 variant and those who are up to date with their vaccinations;
- (e) emerging evidence is demonstrating that reinfections may occur as early as 28 days after recovery from a previous COVID-19 infection.
- (f) the Australian Capital Territory has experienced persistent community transmission since the original outbreak of **COVID-19** on 12 August 2021;
- (g) there is a necessity to limit the impact of **COVID-19** in the Australian Capital Territory to mitigate the burden on persons in the Australian Capital Territory who are most vulnerable to severe disease and the Australian Capital Territory's public health system, which includes continued monitoring and support for the public health response.



In making this Direction, I have had regard to relevant human rights and I am satisfied that the limitations imposed as a result of this Direction are both demonstrably justifiable in a free and democratic society and necessary to protect the ACT community from the serious public health risk posed by **COVID-19**.

PART 1 — SELF-ISOLATION - COVID-19 DIAGNOSED

Directions

1. This Part applies to a **diagnosed person**.
2. On becoming a **diagnosed person**, the person must—
 - a. if the person is at **designated premises** —undertake a **period of self-isolation** at the premises; and
 - b. if the person is not at **designated premises** —
 - i. travel directly to **designated premises** to undertake a **period of self-isolation**; or
 - ii. if the person requires medical treatment at a hospital—travel directly to a hospital for medical treatment and after leaving or being discharged from the hospital, travel directly to **designated premises** to undertake a **period of self-isolation**; and
 - c. communicate to any person with whom they may come into contact that they are required to self-isolate because they are a **diagnosed person**; and
 - d. notify any person who is a **household contact** of their status as a **diagnosed person**; and
 - e. not leave the **designated premises** other than in an emergency or to seek treatment for **COVID-19**, as advised by a staff member of the **ACT COVID-19 Care@Home Program**, ACT Health, or by a treating primary health care provider; and
Example: An emergency may include needing to obtain urgent medical treatment, fleeing a serious risk to life or health, or escaping a risk of harm related to domestic and family violence.
 - f. not permit any other person that does not reside at the **designated premises** to enter the premises, unless for medical, law enforcement or emergency purposes;
*Note: A person who usually resides at the same premises would be considered a **household contact** to whom Part 2 applies.*
 - g. take reasonable steps to notify the following people that the person has become a **diagnosed person**:
 - i. the employer, or person who otherwise engaged the **diagnosed person** to perform work, if the person attended a workplace during their **infectious period**;
 - ii. the operator, or a staff member identified to receive notifications of diagnosed persons, of an **education setting** if the person attended during their **infectious period**; and

- iii. the operator of a **high risk setting** if the person attended during their **infectious period**.

Note: It is also recommended that a diagnosed person notify any person who is a low, moderate or high risk contact that they have become a diagnosed person. A person exposed to COVID-19 is advised to following the guidance published by the ACT Health Directorate at <https://www.covid19.act.gov.au/stay-safe-and-healthy/exposed-to-covid19>.

3. If the **diagnosed person** is a child:
 - a. a parent, guardian, person with parental responsibility or carer of the child must:
 - i. self-isolate with the child at the **designated premises** for the **period of self-isolation**; and
 - ii. comply with Part 3 of this direction as a **household contact**.
4. A **period of self-isolation** for a **diagnosed person** begins when the person returns a positive result after undertaking a **COVID-19 test** and ends when the person is either:
 - a. given **clearance** from self-isolation by either a **public health officer** or a staff member of the **ACT COVID-19 Care@Home Program**; or
 - b. declared to no longer be a **diagnosed person** pursuant to paragraph 5.
5. A person may be declared to no longer be a **diagnosed person** by a **public health officer**, or any staff member of the COVID-19 Response Operations Branch, if the person:
 - a. is a **diagnosed person** because they have returned a positive **rapid antigen test**; and
 - b. has completed a **COVID-19** online declaration in accordance with paragraph 7 of this Direction; and
 - c. within 2 days of becoming a **diagnosed person** undertakes a **PCR test** which returns a negative result, and the person notifies ACT Health of the negative result.

Note: If a person has returned conflicting test results, then the person may seek a review by ACT Health of their status as a diagnosed person. ACT Health will consider whether an individual can be given clearance from the self-isolation requirements following an individual assessment. A diagnosed person is typically cleared 7 days after the diagnosed person undertook the COVID-19 test which returned a positive result. The date of the test is day 0.

PART 2 — REPORTING A POSITIVE RAPID ANTIGEN TEST

Directions

6. This Part applies to a person who is a **diagnosed person** because they have returned a positive **rapid antigen test**.
7. On becoming a **diagnosed person**, the person must complete a **COVID-19** online declaration at <https://www.covid19.act.gov.au/>.

*Note: a **diagnosed person** who has difficulty completing a **COVID-19** online declaration may contact ACT Health for assistance completing the declaration.*



8. If the **diagnosed person** is a child, then a parent, guardian, person with parental responsibility or carer of the child must complete a **COVID-19** online declaration at <https://www.covid19.act.gov.au/>.
9. Paragraphs 7 and 8 do not apply to the following people:
 - a. a detainee at a correctional centre; or
 - b. a young detainee at a detention place; or
 - c. a resident of a **residential aged care facility**.
10. If the **diagnosed person** is a person listed in paragraph 9, then the person, or a person collecting the **rapid antigen test**, must inform the operator or a staff member at the premises that the person has returned a positive **rapid antigen test**.
11. If the director-general responsible for a correctional centre or detention place becomes aware that a detainee has returned a positive **rapid antigen test**, then the director-general must as soon as practicable:
 - a. notify the ACT Health Directorate that the person has returned a positive **rapid antigen test** and become a **diagnosed person**; and
 - b. provide the ACT Health Directorate with the **diagnosed person's**:
 - i. name;
 - ii. date of birth;
 - iii. date the positive test was taken;
 - iv. address for isolation as a **diagnosed person**; and
 - v. relevant contact details to enable the **diagnosed person** to receive **clearance** from self-isolation as appropriate.
12. If the owner, operator or controller of the **residential aged care facility** becomes aware that a resident has returned a positive **rapid antigen test**, then the owner, operator or controller of the **residential aged care facility** must as soon as practicable:
 - a. notify the Health Directorate that the person has returned a positive **rapid antigen test** and become a **diagnosed person**; and
 - b. provide the Health Directorate with the **diagnosed person's**:
 - i. name;
 - ii. date of birth;
 - iii. date the positive test was taken;
 - iv. address for isolation as a **diagnosed person**; and
 - v. relevant contact details to enable the **diagnosed person** to receive **clearance** from self-isolation.

PART 3 — QUARANTINE - HOUSEHOLD CONTACTS

Directions

13. This Part applies to a person who is a **household contact** of a **diagnosed person**.
14. The person must complete a COVID-19 online declaration at <https://www.covid19.act.gov.au/>.

Exemption if complying with Risk Mitigation Requirements for Household Contacts

15. The person is not required to comply with clause 16 during the **period of quarantine** if the person complies with the **Risk Mitigation Requirements for Household Contacts**.

Requirement to quarantine

16. The person must:
 - a. if the person is at **designated premises** when they become aware they are a **household contact**—undertake a **period of quarantine** at the premises; and
 - b. if the person is not at **designated premises** when they become aware they are a **household contact**—travel directly to **designated premises** to undertake a **period of quarantine**; and
 - c. communicate to any person with whom they may come into contact that they are undertaking a **period of quarantine** due to being a **household contact** of a **diagnosed person**; and
 - d. not leave the **designated premises** during the **period of quarantine** other than to undertake a **COVID-19 test** from an ACT Government COVID-19 Testing Centre, or in an emergency; and
Example: An emergency may include needing to obtain urgent medical treatment, fleeing a serious risk to life or health, or escaping a risk of harm related to domestic and family violence.
 - e. not permit any other person that does not reside at the **designated premises** to enter the premises during the **period of quarantine**, unless for medical, law enforcement emergency purposes or **essential support services**.
17. A **period of quarantine** for a **household contact** means a period that begins on the day the person becomes aware they are a **household contact** of a **diagnosed person** and ends on the earlier of the following:
 - a. if the **diagnosed person** is declared to no longer be a **diagnosed person** pursuant to paragraph 5, at the time they are declared to no longer be a **diagnosed person**; or
 - b. at 11:59pm on the seventh day after the **diagnosed person** undertook a **COVID-19 test** which returned a positive result.
18. An **authorised person** may direct a person to comply with this Part if they reasonably believe that the person is a close contact of a person diagnosed with **COVID-19** and it is necessary for the person to undertake a **period of quarantine** or otherwise comply with the **Risk Mitigation Requirements for Household Contacts**.



19. Any person directed by an **authorised person** under paragraph 18 must comply with this Part as if they were if they were a **household contact**.

PART 4 — RECOVERED CASES

Directions

20. This Part applies to a **recovered case**.
21. A **recovered case** is not subject to the directions in Part 1 or Part 3 of this Direction, unless directed by an **authorised person** to comply with Part 1 or Part 3.
Note: A person who is declared to no longer to be a **diagnosed person** under paragraph 5 is not a **recovered case** and will need to comply with Part 3 of this Direction if they become a **household contact**.

PART 5 — MISCELLANEOUS

22. An **authorised person** may ask a person for any information necessary to determine whether the person is subject to this Direction, including to produce proof of identification.
23. Any person must comply with any request made under paragraph 22 by an **authorised person**.
24. An **authorised person** may direct a person who is subject to this Direction to do such things as are reasonably necessary to comply with this Direction.
25. Any person subject to this Direction must comply with any request under paragraph 24 by an **authorised person**.
26. A **clearance** given by an **authorised person**, **public health officer** or a staff member of the **ACT COVID-19 Care @ Home Program** under paragraph 4(a) must be in writing.

PART 6 — EXEMPTIONS

Exemption

27. The Chief Health Officer may, in writing and subject to any conditions that the Chief Health Officer considers necessary, exempt a person from this Direction, or a stated requirement under this Direction, on compassionate or other grounds that the Chief Health Officer considers reasonable and appropriate.
28. If the Chief Health Officer exempts a person from this Direction, or a stated requirement under this Direction that person must comply with the conditions of the exemption.

PART 7 — MATTERS RELEVANT TO THIS DIRECTION

Guidance

29. Information for people who test positive for COVID-19 can be found at <https://www.covid19.act.gov.au/>
30. Information for people who are exposed to COVID-19 can be found at <https://www.covid19.act.gov.au/>.
31. Information about quarantine and suitable quarantine premises can be found at <https://www.covid19.act.gov.au/>.
32. Information about COVID-19 testing can be found at <https://www.covid19.act.gov.au/>.
33. Guidance about how a person is determined to have met the criteria for discharge from self-isolation or quarantine can be found at <https://www.covid19.act.gov.au/>.
34. Guidance about symptoms of **COVID-19** can be found at <https://www.covid19.act.gov.au/>.
35. Risk mitigation guidance for a **diagnosed person** is provided in Attachment A.
36. Risk mitigation guidance for a **household contact** is provided in Attachment B.

Definitions

For the purposes of these directions:

37. **Authorised medical officer** has the same meaning as in the *Public Health Act 1997*.
38. **Authorised person** means an authorised person under section 121 of the *Public Health Act 1997* and includes an **authorised medical officer**.
39. **ACT COVID-19 Care@Home Program** means the Care@Home Program managed by the Division of Medicine at Canberra Health Services.
40. **Clearance** of a person by a person under paragraph 4(a), means when the **public health officer** or a staff member of the **ACT COVID-19 Care@Home Program** considers it is safe for the person in self-isolation to stop complying with the relevant requirements for self-isolation under this Direction.
41. **COVID-19** means the coronavirus disease 2019, caused by the novel coronavirus SARS-CoV-2.
42. **COVID-19 test** means:
 - a. a **rapid antigen test**; or
 - b. a **PCR test**.



43. **Designated premises** means:
- the person's usual place of residence or other premises that is suitable for the purposes of self-isolation or quarantine; or
 - if the person is not normally a resident of the Australian Capital Territory, a hotel or other premises that has been approved in writing by the Chief Health Officer or an **authorised person** for the purposes of self-isolation or quarantine; or
 - a room allocated on check-in at any hotel, serviced-apartment, or similar accommodation approved in writing by the Chief Health Officer or an **authorised person** for the purposes of self-isolation or quarantine; or
 - if the Chief Health Officer, in writing, states another place—the stated place.
44. **Diagnosed person** means a person who has undertaken a **COVID-19 test** and returned a positive result.
45. **Education setting** means:
- an early childhood education centre;
 - school;
 - college;
 - university; or
 - any other institution at which education or training is provided.
46. **Essential support services** means support without which a person would experience a deterioration in health or wellbeing, including assistance with, or provision of, the following:
- personal care;
 - meal preparation;
 - exercise or physiotherapy; or
 - other critical support.
- Note:* People requiring assistance or support for COVID-19 testing purposes are covered under this definition and provision of medical or other critical supports.
47. **High risk setting** means:
- a hospital;
 - a **residential aged care facility**;
 - a correctional centre;
 - a detention place; and
 - residential accommodation facilities that support people who require frequent, close personal care and who are vulnerable to severe disease.
48. **Household** means people who reside at the same residential premises and were present in the household during the **infectious period** of the person diagnosed with **COVID-19**.
49. **Household contact** of a person diagnosed with **COVID-19** means a person who is a member of the same **household** as a **diagnosed person**.



50. **Infectious period** means the earlier of the following:
- two days prior to symptom onset for the person diagnosed with **COVID-19**, or
 - two days prior to undertaking a **COVID-19 test** which returned a positive result for **COVID-19**.
51. **Period of quarantine** for a person under Part 3 means the period applying to the person under paragraph 17.
52. **Period of self-isolation** for a person under Part 1 means the period applying to the person under paragraph 4.
53. **PCR test** means a reverse transcription polymerase chain reaction to diagnose **COVID-19**.
54. **Public health officer** has the same meaning as in the *Public Health Act 1997*.
55. **Rapid antigen test** means a rapid antigen test approved by the Therapeutic Goods Administration of the Commonwealth for use in Australia to detect **COVID-19**.
- Note:* Rapid antigen tests which are approved for use in Australia are listed at <https://www.tga.gov.au/covid-19-rapid-antigen-self-tests-are-approved-australia>.
56. **Recovered case** means a **diagnosed person** who has received **clearance** from a **period of self-isolation**, and no more than 28 days have elapsed since the date of **clearance**, but does not include someone who is declared to no longer to be a **diagnosed person** under paragraph 5.
57. **Residential aged care facility** means a facility at which accommodation, and personal care or nursing care or both, are provided to a person in respect of whom a residential care subsidy or a flexible care subsidy is payable under the *Aged Care Act 1997* (Cth).
58. **Risk Mitigation Requirements for Household Contacts** means the risk mitigation requirements for a **household contact** found at Attachment B and <https://www.covid19.act.gov.au/guidanceforhouseholdcontacts>.

Dr Kerry Coleman

Chief Health Officer

11 July 2022

PENALTIES

A person commits an offence if a COVID-19 direction is in force and the person fails to comply with the direction: see s 120B of the *Public Health Act 1997*

Maximum Penalty:

In the case of a natural person, \$8,000 (50 penalty units).



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ATTACHMENT A

Risk Mitigation Advice for Diagnosed Persons

The risk mitigation advice outlined below applies to all persons who have been diagnosed with COVID-19, regardless of variant and vaccination status.

- A diagnosed person should tell social contacts with whom they have spent time that they have been diagnosed with COVID-19. You should tell the people you have spent time with in the 2 days before you started having symptoms or had a positive test result taken (whichever came first).

In addition the following advice applies to a diagnosed person until their symptoms are gone or they are feeling much better.

- Not attend work
- Minimise contact with other people
- Avoid visiting high risk settings (hospital, residential aged care facilities, supported independent living facilities, or correction and detention facilities and other residential accommodation facilities that support people who require frequent, close personal care and who are vulnerable to disease), unless for personal care or the individual is a resident in the setting.
 - Individuals can still access urgent medical care or aged or disability care services
 - Facilities may permit entry into a facility following risk assessment.
 - Individuals who work in these settings should contact their employer to obtain permission to return to work and should comply with any risk mitigation measures in place (which may include use of appropriate PPE and testing).



ATTACHMENT B – RISK MANAGEMENT REQUIREMENTS FOR HOUSEHOLD CONTACTS

Application

These risk mitigation requirements apply to a household contact (someone who lives with a person who has been diagnosed with COVID-19).

If a person has been exposed to COVID-19, but is not a household contact, they should refer to the information for people exposed to COVID-19, on the ACT Government's COVID-19 website - <https://www.covid19.act.gov.au/stay-safe-and-healthy/exposed-to-covid19>.

If a household contact has previously been diagnosed with COVID-19 and received clearance from the self-isolation period in the last 28 days, they do not have to comply with these risk mitigation requirements if they subsequently become a household contact.

A household contact does not have to comply with this document if they have not been in contact with the person who tested positive to COVID-19 while they were infectious (eg they were away from home during the infectious period). A person is infectious in the 48 hours before they have symptoms or 48 hours before they test positive (if they do not have any symptoms).

Timeframes

A household contact must comply with these risk mitigation requirements for a period of seven days from the last time someone in the household tested positive for COVID-19 - the date of the collection of the test is regarded as Day 0.

Context

A person who is a household contact is at highest risk of contracting COVID-19, compared with other exposures. This reflects the nature of contact between individuals within a household. For this reason, quarantine requirements have remained in place for household contacts for the majority of the pandemic response.

However, it is recognised that there are certain workforces which are under significant pressures due to these quarantine requirements. It is also recognised that there is a need to reduce the burden of quarantine on families and individuals, with a focus on wellbeing.

While the risk to community has not changed, it is recognised that the COVID-19 response is transitioning and broad mandated quarantine requirements are no longer proportionate for managing our response to the COVID-19 pandemic.

Against this background, it continues to be recommended that a household contact seeks to minimise their movement within the broader community, wherever possible, and only leaves their homes when necessary for activities which cannot be postponed or delayed for seven days.



This risk mitigation advice is therefore provided to individuals who need to leave their home. Examples of when a person may need to leave their home could include, but are not limited to:

- To undertake work or study, if a person is unable to work or study from home.
- To access childcare or school, including schools, early childhood education and care and out of school hours care.
- To shop for items like groceries, and other essential supplies, where delivery is not possible.
- To attend an unavoidable gathering (examples provided below).
- To exercise outdoors.
- For essential animal welfare purposes.

Individuals will need to take personal responsibility in assessing the reason to leave home and whether or not this can be postponed or delayed.

General Requirements and Advice

- A household contact **must not** leave their home if they have, or develop, any symptoms of COVID-19, no matter how mild. They **must** undergo COVID-19 testing and isolate until a negative result is received.
 - If a positive result is returned, the person **must** immediately comply with requirements for people who test positive for COVID-19 available at: <https://www.covid19.act.gov.au/stay-safe-and-healthy/information-for-people-who-test-positive-for-covid-19>.
 - If a negative result is returned, and the initial test was a Rapid Antigen Test, it is recommended to have a PCR test and continue to isolate.
 - If a negative result is returned, a household contact **should** stay at home until their symptoms resolve.
- When outside of the home, a household contact **should**:
 - Practice COVID Smart behaviours and maintain appropriate physical distancing from people not known to them.
 - Practice good hand and respiratory hygiene at all times.
 - Avoid crowded places wherever possible.
 - Avoid prolonged periods in indoor spaces, wherever possible.
 - Avoid visiting and interacting with people who are at higher risk of severe illness.
 - If a visit is unavoidable, a negative COVID-19 test **must** be returned in the 24 hours prior to visiting. The visitor **must** be asymptomatic and a mask **must** be worn at all times. The visit should also take place in a well ventilated area, wherever possible.

Following these behaviours will assist in protecting people who may be at increased risk of severe illness from COVID-19.



COVID-19 Testing

- Household contacts **must** undertake COVID-19 testing if they are regularly going to their place of work or study, or if they need to attend a gathering that is unavoidable. Further detail around testing requirements is included under each scenario below.
- It is not necessary for a household contact who is asymptomatic to undertake a COVID-19 test prior to leaving their home for outdoor exercise or for brief periods (eg. grocery shopping), or where it is unlikely that a person will come into contact with large numbers of people.
- If a household contact cannot delay or postpone a visit with a person who is at higher risk of severe disease, they **must** undertake a COVID-19 test within the 24 hours prior to visiting.
- A household contact **should** also consider undertaking a COVID-19 test on or after day 6, unless regular testing has already been undertaken. This is particularly important, noting that a person will no longer be subject to these risk mitigation requirements after day 7.
- A household contact **must** undertake a COVID-19 test if they develop any symptoms of COVID-19, no matter how mild. They **must** isolate until a negative result is received. Even if a negative test result is returned, a household contact **should** stay at home until their symptoms resolve.

Mask Wearing Requirements

- A household contact **must** wear a face mask in any indoor setting that is not their own home, if they are aged 12 years and over.
 - Only students in Years 7 to 12 will be required to wear a mask when attending school, consistent with previous advice. Mask wearing for students in primary school is at the discretion of the student and their parents/carers, and would not be recommended for children in ECECs, or Preschool to Year 2.
- Masks are also encouraged in the home, wherever possible, to reduce the risk of transmission in the household.

The same exclusions that apply under the *Public Health (Mandatory Face Masks) Emergency Direction 2022* apply under this risk mitigation guidance (for example, people who have a physical or mental health illness or condition, or disability, which makes wearing a face mask unsuitable). The Public Health Direction can be accessed here:

<https://www.covid19.act.gov.au/restrictions/act-public-health-directions>.



Work and Study

- It is strongly recommended that a household contact works or studies from home where it is practical to do so, and where it suits the employee and employer, or the facility.
- Household contacts **must** notify their employer and/or educational facility that they are a household contact. This will assist employers and educational facilities to determine whether the household contact can work or study from home, or can attend the facility, if mutually agreed.
- In considering whether a household contact can return to work or study during the quarantine period, employers and educational facilities will need to assess any potential risks in accordance with work health and safety obligations and any other relevant guidelines or policies in place.
 - Persons conducting a business or undertaking (employers) and workers, have obligations under the *Work Health and Safety Act 2011*. These work safety obligations apply independently of this risk mitigation advice and must be complied with.
- If it is not practical to work or study from home, and where there is mutual agreement for the person to attend the workplace or facility, a household contact **must**:
 - Undertake a COVID-19 test in the 24 hours prior to returning to work or study and then every 48 hours if ongoing attendance is required. Only leave home if they are asymptomatic and a negative result is returned.
 - If a positive result is returned, the person **must** immediately comply with requirements for people who test positive for COVID-19 available at: <https://www.covid19.act.gov.au/stay-safe-and-healthy/information-for-people-who-test-positive-for-covid-19>.
- Wherever possible, a household contact **should**:
 - Travel alone to work or study and avoid use of public transport or car sharing with persons outside of your household. If not possible, ensure a mask is worn and physical distancing is maintained.
 - Maintain appropriate separation from the case(s) within your household. Appropriate separation means:
 - staying and sleeping in a separate bedroom.
 - using a separate bathroom if available or cleaning a shared bathroom after each use.
 - not spending time in the same room as the case(s).
 - not sharing household items including dishes, cups, towels, and bedding.
 - avoiding common areas of the household – if unavoidable, wear a mask when in common areas and clean the area with detergent and disinfectant after use.



Grocery Shopping

- If a household contact is asymptomatic and needs to leave home briefly for critical shopping purposes (eg grocery shopping), there is no requirement to undertake a COVID-19 test prior to leaving home.
- Individuals **must** comply with mask wearing requirements and wherever possible practice COVID Smart behaviours.
- Household contacts are asked to postpone any non-critical shopping until after seven days have passed, wherever possible.

Attending a Gathering for Unavoidable Reasons

- If a household contact needs to attend a gathering that is unavoidable, they **must**:
 - Undertake a COVID-19 test in the 24 hours prior to attending a gathering, and only leave home if they are asymptomatic and a negative result is returned.
 - If a positive result is returned, the person **must** immediately comply with requirements for people who test positive for COVID-19 available at: <https://www.covid19.act.gov.au/stay-safe-and-healthy/information-for-people-who-test-positive-for-covid-19>.
- Wherever possible, a household contact **should**:
 - avoid use of public transport or car sharing. If not possible, ensure a mask is worn and physical distancing is maintained.
 - follow COVID Smart behaviours at all times.
- An unavoidable gathering could be one that a person is unable to delay attendance until after the seven-day quarantine period, and cannot participate remotely or in a contactless way.
 - Examples could include attending a funeral, voting in the Federal Election, and attending a necessary face to face community healthcare appointment that is necessary as determined by the individual's health care provider.

Entering a High Risk Facility

- A high risk setting includes residential aged care facilities, hospitals, correctional and detention facilities and residential accommodation that supports people who require frequent, close personal care and who are vulnerable to disease.
- A household contact is **not permitted** to enter a high risk setting for 7 days from the last time someone in the household tested positive for COVID-19 - the date of the collection of the test is regarded as Day 0.



- This restriction applies for both work purposes or for visitation purposes, unless an exemption has been granted to the person by the relevant facility.
 - In seeking an exemption to enter a high risk facility, a household contact **must** notify the facility that they are a household contact.
 - In considering whether an exemption should be granted to a person, whether an employee or visitor, a high risk setting should assess any potential risks to employees or residents, in accordance with work health and safety obligations and any guidelines or policies in place.
- If an exemption is granted, the household contact **must** comply with any conditions of entry or additional safeguards which are required by the relevant facility.
- Household contacts may still access urgent medical care or aged or disability care services.
- It is also recommended that a household contact limits their entry into a high risk facility from days 8 to 14, and only enters if approved by the facility.

Further Information

People who are at higher risk of severe illness

- People aged 65 years and older.
- Pregnant women.
- Aboriginal and Torres Strait Islander people (from age 50 years and over).
- People with obesity, diabetes, serious cardiovascular disease, chronic lung disease (including severe asthma requiring hospitalisation the last 12 months), severe chronic liver or kidney disease, active cancer or who are immunocompromised.
- People aged 18 years and older who are unvaccinated.

For more information:

Information on the ACT's Public Health Directions -

<https://www.covid19.act.gov.au/restrictions/act-public-health-directions>

Information on symptoms of COVID-19 and getting tested -

<https://www.covid19.act.gov.au/stay-safe-and-healthy/symptoms-and-getting-tested>

Information for people who test positive for COVID-19 - <https://www.covid19.act.gov.au/stay-safe-and-healthy/information-for-people-who-test-positive-for-covid-19>

Information for people who are exposed to COVID-19 - <https://www.covid19.act.gov.au/stay-safe-and-healthy/exposed-to-covid19>

Information for employers on keeping their business COVID-safe -

<https://www.act.gov.au/business/keeping-your-business-covid-safe>