

12/08/21

Dear household members of Glenroy West Primary students and staff,

You are a secondary close contact of a person who has COVID-19. An Authorised Officer has determined this under section 200 of the *Public Health and Wellbeing Act 2008* (Vic).

To be a secondary close contact (a close contact of a close contact), you have had exposure to COVID-19, such as face-to-face contact in any setting with a primary close contact from 24 hours after the primary contact's exposure to the person with COVID-19.

### What you must do

- Stay at home or in your accommodation in quarantine until the primary close contact's quarantine ends at midnight PCC end of quarantine date 19/8/21.
  - There is a high chance that people who have been close to someone with COVID-19 will have the virus and can spread it to other people. Staying in quarantine helps to keep everyone safe.
- If you have separated from the primary close contact and they test negative, you may be able to leave quarantine earlier.
- You cannot leave quarantine until an Authorised Officer tells you that you can leave.
- Do not leave your home or accommodation, except for these lawful reasons:
  - for medical reasons (to get medical care or supplies, or get tested for COVID-19);
  - in an emergency or if you are unsafe; or
  - as specified by the Chief Health Officer or delegate.
- Do not go to work, school, higher education, shopping, or to any public places or events, even if they are outdoors.
  - If you are worried about losing income while you quarantine, you may be able to get a \$1500 support payment. For more information, call the coronavirus hotline **1800 675 398** (press 0 for an interpreter).
- Do not use public transport, ride share or taxi services.
- Do not have visitors to your home.
- Do not leave your home for exercise.
- If the primary close contact tests negative and you have not been re-exposed, we will tell you to leave quarantine early.
- If you do not quarantine or leave quarantine before an Authorised Officer tells you that you can leave, and you do not have a lawful reason, you will be breaking the law and may be fined.
- If the primary close contact is within your household, you must stay in quarantine until they are told they can leave quarantine.
  
- If the primary close contact does not get tested, you must quarantine for 14 days from the date they were exposed to COVID-19.
- If you test positive for COVID-19 or come in close contact with another person who has COVID-19, you will need to stay in quarantine for longer. We will tell you if this happens.
- Call us on **1300 651 160** (press 0 for COVID-19, then once connected, and if required, please request an interpreter) to:
  - ask us any questions about quarantine;



- tell us if you plan to quarantine at a different address;
- arrange somewhere safe to stay if you cannot safely quarantine at the address listed at the top of this email;
- tell us if someone moves into your place of quarantine - we will contact the people you live with and tell them what they need to do.

### **Look after yourself and seek help if you need it**

- We want to help you take care of your health and wellbeing while you are in quarantine.
- You will be contacted regularly by text message or phone. The phone calls will be from a private number. Please answer these calls and respond to these text messages.
- Watch out for symptoms. You may have COVID-19 if you have any of the following: fever, chills or sweats, cough, sore throat, shortness of breath, runny nose and loss or change in sense of smell or taste.
- If you have any symptoms of COVID-19, even if they are mild, please get tested. You can leave your house to get tested.
- For medical care or getting tested, contact either:
  - the **coronavirus hotline** on **1800 675 398** (press 0 for an interpreter);
  - the medical service at your hotel (if you are in hotel quarantine); or
  - your GP to let them know you have been assessed as a COVID-19 close contact so they can prepare for you.
- If you develop serious symptoms, such as difficulty breathing, call triple zero (000) and ask for an ambulance. Tell them that you are a secondary close contact of COVID-19.

### **How to quarantine safely**

- Stay at home or in your accommodation until an Authorised Officer tells you that you can leave.
- Keep away from people, including anyone you live with.
- Stay and sleep in a different room to other people and use a separate bathroom.
- Wash your hands often.
- Always wear a face mask if you need to be in the same room as another person or if you must leave home.
- If you need any personal protective equipment (PPE), such as face masks or gloves, please call **1800 675 398** (press 0 for an interpreter).
- For more information, see 'What to do if you have been in close contact with someone who has COVID-19' factsheet - attached.
- No one is permitted to enter where you are in quarantine unless they:
  - normally live there or need to isolate or quarantine there;
  - need to provide medical or emergency care or services;
  - need to provide care as a disability worker;
  - need to provide personal care or household assistance as a result of a person's age, disability or chronic health condition; or
  - must enter as required or authorised by law.

### **How can I get food and essential items?**

- Ask friends or family, who are not in isolation or quarantine, to drop off food or other things you need.
- They should not come inside or have any contact with you. They should leave items outside your door if possible.
- If you are struggling to get the things you need, call the **coronavirus hotline** on **1800 675 398** (press 0 for an interpreter). You can get a free emergency relief package with basic food and essentials (such as nappies or personal care items) if you need it.
- For more information see 'Emergency relief packages' factsheet – attached.



### Can I go outside for exercise?

- You cannot leave your home for exercise.
- If you live in a private house or apartment, you can go outside to your own garden, balcony or courtyard. You cannot go into a garden or courtyard area that you share with other households, such as common garden or courtyard in an apartment building or other accommodation.

### Where can I find more information?

If you have any specific questions, please call the Department of Health on **1300 651 160** (press 0 for COVID-19, then once connected, and if required, please request an interpreter).

- 'What to do if you have been in close contact with someone who has COVID-19' factsheet – attached.
- 'Emergency relief packages' factsheet – attached.
- '\$1500 Pandemic Leave Disaster Payment' factsheet – attached.
  
- What to do if you are a close contact  
<https://www.dhhs.vic.gov.au/what-to-do-close-contact-coronavirus-covid-19>
  
- Hygiene and physical distancing  
<https://www.dhhs.vic.gov.au/staying-safe-covid-19>
  
- Financial and other support for people affected by COVID-19  
<https://www.dhhs.vic.gov.au/financial-support-coronavirus-covid-19>
  
- General COVID-19 information  
<https://www.coronavirus.vic.gov.au>

Thank you for reading this information. Quarantine can be challenging but it helps keep your family and community safe.

Yours sincerely,

**Prof Paul Johnson**  
**Director**

North Eastern Public Health Unit (NEPHU) - Case, Contact and Outbreak Management

**An Authorised Officer under the *Public Health and Wellbeing Act 2008 (Vic)*.**

*This Notice is issued in accordance with Directions issued under s200 of the Public Health and Wellbeing Act 2008 (Vic).*