

12/8/21

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Dear Glenroy Primary Students and Staff,

You are a primary close contact of a person who has coronavirus (COVID-19) or you have been exposed to an exposure site where there has been the risk of transmission of COVID-19. An Authorised Officer has determined this under section 200 of the *Public Health and Wellbeing Act 2008* (Vic).

You were exposed to COVID-19 on the 5/8/21. This date may change if your exposure is ongoing (for example, if you stay in the same accommodation as a confirmed case while they are unwell).

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. The best way to protect yourself, your family and the community is to stay at home and stay away from other people.

We recommend that you get tested now to see if you have COVID-19 – please see further information below and attached on where to get tested.

This email will help you understand what you must do to keep separate from other people (quarantine) safely. If you need to talk to someone about this email, please call **1300 651 160** (press 0 for COVID-19, then once connected, please request an interpreter).

What you must do now

- You must stay at home or in your accommodation in quarantine for at least 14 days until 11:59pm on 19/08/2021.
 - Quarantine protects the community by keeping people who might have COVID-19 away from people who do not have it.
- 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.
- You cannot leave quarantine until an Authorised Officer tells you your quarantine is finished.

- 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.
- 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.
- We will send you a text message or call you each day with a survey asking about your health and wellbeing.
- 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 primary close contact of COVID-19.

Get tested on day 13 of quarantine

- You must get tested on or just after day 13 of quarantine, which is 18/8/2021. This is because you are most likely to develop COVID-19 within 14 days of your contact with COVID-19.
- You must not use public transport, taxis or rideshare services when you go to get tested. You should drive or walk yourself. If you cannot travel safely to get tested, you can get tested at home by calling **1800 675 398** (press 0 for an interpreter).
- If you test negative, an Authorised Officer will confirm that you can finish quarantine on day 14 19/8/2021. You must stay in quarantine until this date.
- If you do not get tested, then you must stay in quarantine for an extra 14 days. This means you will stay in quarantine for a total of 28 days.
- If your day 13 test comes back positive and you have COVID-19 or if you have been 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.
- Please bring the attached letter with you when you go for your test – you can show an electronic copy on your phone.

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 a common garden or courtyard in an apartment building or other type of accommodation.

Where can I find more information?

If you have any specific questions, please call us at 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

<http://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,

A handwritten signature in black ink, appearing to read 'P. Johnson', written in a cursive style.

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).