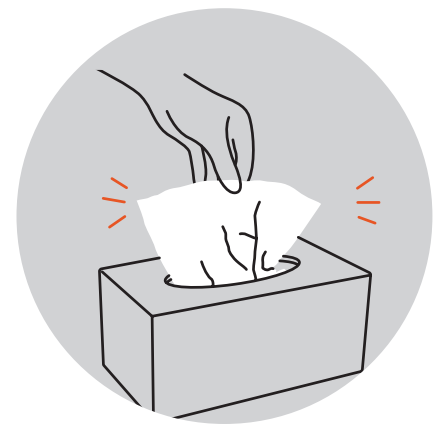


## Anyone who is required to self-isolate, must:

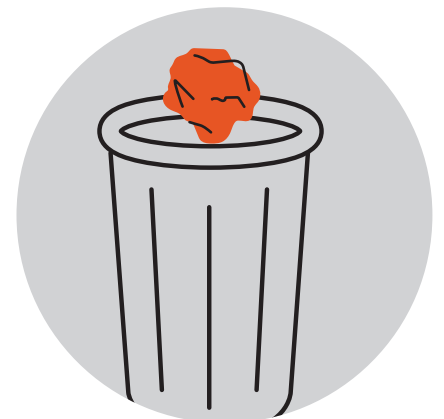
- **ISOLATE FOR 14 DAYS** after they were last exposed
- **NOT LEAVE THE HOUSE**, except to seek medical care
- **STAY IN A DIFFERENT ROOM TO OTHER PEOPLE** as much as possible, and **WEAR A SURGICAL MASK** when in the same room as another person or when seeking medical care
- **USE A SEPARATE BATHROOM**, if available
- Follow **GOOD PERSONAL HYGIENE**
- **NOT GO TO WORK, SCHOOL, OR PUBLIC AREAS**, do not use public transportation, taxi services or rideshares
- If symptoms develop (e.g. fever, cough, shortness of breath, body aches, sore throat, headache, runny nose or diarrhoea) people should:
  - Advise their CPB Manager and / or supervisor, call their local public health unit for assessment and advice;
  - If they cannot contact their local public health unit, call the Australian Government COVID-19 dedicated health line (1800 020 080 or see a doctor (preferably at a hospital emergency department) as soon as possible;
  - If they feel seriously unwell, they should call 000 immediately.



**COUGH OR SNEEZE  
INTO YOUR ARM**



**USE A TISSUE**



**BIN THE TISSUE**



**WASH YOUR HANDS**