



RETURNING FROM MAINLAND TASMANIA

COVID-19

QUARANTINE REQUIREMENTS

Any resident returning to King Island from mainland Tasmania is required to quarantine for 14 days, from contact with all persons other than persons with whom they ordinarily reside.

While the state government does not require other household members to quarantine with you, it is in the Island's best interest for all household members to do so and Council asks that you voluntarily comply.

WHY IS QUARANTINE REQUIRED?

You must quarantine for 14 days because it can take up to 14 days for people who have been infected with the virus to become sick, and it's possible to spread the virus to others 24 hours before you have any symptoms.

Quarantining is very important to prevent the spread of COVID-19 in Tasmania. If you have been told to quarantine at your primary residence, you must do so.

Breaching the quarantine process may incur a penalty of up to \$16,800 or see you face the possibility of up to six months jail time.

If you are in quarantine you must stay within your primary place of residence and not attend public places, including work, shops, and childcare or have visitors.

VOLUNTARY QUARANTINE FOR OTHER HOUSEHOLD MEMBERS

Council has received confirmation from the State Controller that returning residents can be asked to:

- *Voluntarily isolate the whole household for 14 days; or*
- *Where this is not possible, accept personal self isolation, at Council's cost, in an agreed location eg a motel.*

*If you are able to isolate the whole household, PLEASE NOTE: no member of the household will be able to leave your primary place of residence for 14 days or have visitors. **To discuss personal self isolation in a Council funded facility, please call Robyn Barwick on 6462 9000.***

CALL FOR ADVICE

1. The Tasmanian Public Health Hotline: If you feel unwell with cold or flu-like symptoms (including fever, runny nose, cough, sore/itchy throat or shortness of breath), please phone the Public Health Hotline on 1800 671 738 to arrange a referral for a COVID-19 test.

2. For general information about coronavirus, call the national 24-hour Coronavirus Health Information Line on 1800 020 080 or visit the Australian Government Department of Health website www.health.gov.au



KING ISLAND COUNCIL

RETURNING FROM MAINLAND TASMANIA

COVID-19

HOME DELIVERY

It is very important that you don't leave your home while you're in quarantine.

The following stores offer delivery services:

- *King Island Foodworks offer online shopping or you can phone your orders through: 6462 1144. www.KingIsland.myfoodworks.com.au*
- *King Island IGA offer a delivery service around town ph 6462 1244*
- *The Post Office can deliver to existing roadside delivery customers Monday, Wednesday and Friday at a small charge ph 6462 1792.*
- *The Pharmacy can also offer assistance with your medications and have a number of delivery options ph 6462 1395.*
- *Terry Perry's are also happy to take orders and arrange delivery ph 6462 1182.*
- *Grassy Harbour Supermarket offer delivery in the Grassy area ph 6461 1435*

STAY HEALTHY, STAY CONNECTED

For tips on how to stay healthy and stay connected while you are staying at home, visit and follow the Stay Healthy Stay Connected Facebook page: <https://www.facebook.com/stayhealthystayconnected/>

STAY INFORMED

If you have any questions in relation to any aspect of the COVID-19 situation and response, make <https://www.coronavirus.tas.gov.au/> your first port of call.

You can also download the Federal Government "Coronavirus Australia" app.

MENTAL HEALTH & WELLBEING SUPPORT

The Head to Health website provides links to trusted Australian mental health online and phone support, resources and treatment options. It also has online programs and forums, as well as a range of digital information resources.

Using the search page, you can navigate to various resources and services for help if you're experiencing mental health concerns, or trying to support someone else.

If you're not sure where to start, you can also use Sam the Chatbot. Sam provides tailored recommendations on information and services that best suit your needs.

<https://headtohealth.gov.au/>