

What cases and contacts need to do in Phase 3

In addition to below guidelines, stay home if you're feeling unwell. If cases remain unwell, they should seek additional health advice.

For more information about what to do if you are a case or contact, and for information about the support available in the different phases, please visit the [Unite Against COVID-19 website](#).

If you have COVID-19:

- You will be notified by text. If you do not have a mobile number, you will receive a call.
- You will be asked to complete an online COVID-19 contact tracing form if possible.
- If you can't do this, we will call you to complete this over the phone.
- Cases are advised to notify your household, workplace and/or education setting.
- You should also let your close contacts know you have tested positive. These are people you spent time within close vicinity when not wearing a mask eg, your partner or close friends.
- You will need to self-isolate at home for 10 days from when you got tested or when your symptoms started.
- Avoid contact with other household members to the greatest extent possible during your isolation period.
- Wear a mask and physically distance in shared spaces during your isolation.
- You can end your self-isolation after 10 days – you may receive a text message confirming the end of your isolation. You do not need to wait for an official message or release to leave isolation.

If you are a household contact

- You may be notified that you are a household contact by a person that you live with who has COVID-19, or by text.
- If you live with someone who has been confirmed to have COVID-19, you need to self-isolate:
 - from the day that the case receives their positive test result (or is notified as probable)
 - until the case completes their 10 days of self-isolation.

- You need to get a RAT test on **day 3** and **day 10** of the **case's** (person with COVID-19) **isolation period**, and a test if you develop any COVID-19 symptoms. You will be advised how to access free RATs.
- If any of these tests return a positive result, you are a 'case' and need to isolate for 10 days from either the day of symptom onset or the day you get a positive result.
- Avoid or minimise contact with the person with COVID-19 to the greatest extent possible during your isolation at home.
- You can end your self-isolation on the same day as the **(first) person** with COVID-19 in the household, provided all of your tests were negative including your day 10 test.

If you are a close contact (outside of the household)

- If you have been in close contact with a person with COVID-19, that person may notify you directly.
- You may also hear about this contact via your employer or school.
- You do not need to isolate.
- You do not need to test.
- Monitor for symptoms for 10 days.
- Get tested if you have COVID-19 symptoms and if this is a PCR test, stay at home until you get a negative result.