

HOW TO QUARANTINE ON LHI

1. Depart plane on tarmac
2. The LHI Police will meet you as you walk through the roller doors to the 'normal' pickup point for baggage.
3. You will be provided with a quarantine pack, including a facemask please put this on immediately.
4. Collect baggage & forms as directed – Arrivals, Quarantine (Self Isolation), other
5. Fill out Arrivals form and return immediately to Police Officer in attendance
6. Debrief provided by Police officer on conditions of quarantine
7. Make your way directly to your pre-arranged transport to your quarantine location
 - a. If, you have had a vehicle dropped to the airport for the sole use of transport of returning travellers – make your way directly to your quarantine location and wipe down your vehicle upon arrival or leave your vehicle where it will be exposed to the sun for 12 hours.
 - b. If, you have someone picking you up from the airport, keep an appropriate distance by sitting in the back seat of the vehicle or in the tray and continuing to wear your mask – make your way directly to your quarantine location and wipe down your vehicle upon arrival or leave your vehicle where it will be exposed to the sun for 12 hours
8. Travel directly to quarantine location address as specified in Arrivals form
9. If you are quarantining in a house where other people who have not travelled with you generally reside, they do not necessarily have to quarantine. However you should:
 - remain separated from others in the household,
 - wear a surgical mask when you are in the same room as another person,
 - use a separate bathroom (if available) and
 - avoid shared or communal areas and wear a surgical mask (if available) when moving through these areas.
 - Do not share a room with people who are at risk of severe disease, such as
 - a. elderly people and
 - b. people with heart, lung or kidney conditions, or diabetes
10. If you have any symptoms associated with COVID-19, immediately contact the hospital on 6563 2000
11. LHI Police will be checking in on those that are quarantining to ensure their safety and the safety of others so please be available and/ or advise when immediately available
12. During your quarantine period, you are to have NO social contact with anyone. The medical advice at 27th March 2020 recommends:

You CAN go further than the boundaries of your residence as long as you have NO SOCIAL CONTACT (be at least 2m from anyone and if they approach you let them know you are quarantining and to not come any closer)

Try as much as possible to go out when you will not encounter others.

e.g

- Solo Hike
- Swimming
- Bike riding
- Walk your dog

This current advice is supported by the LHI Public Health Order, but there are very strict fines for not adhering to your quarantine directions, and this advice can change at any time. You will be informed of any changes as soon as they come into effect.

13. At the end of your 14 day quarantine you will need to call Craig Smith (Scruffy) at the Dr's residence on 6563 2056 and participate in an quarantine exit interview before you can return to regular self-distancing.

If you are unsure of what you can and cannot do in quarantine please contact Craig Smith (Scruffy) at the Dr's residence on 6563 2056 with all quarantine questions.

Continue to follow the NSW Health 'Self Isolation Guidelines' link on this page:

<https://preview.nsw.gov.au/covid-19/self-isolation>