

HOW TO QUARANTINE ON LHI

1. Depart plane onto 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 the quarantine location address as specified on your Arrivals form
9. If you have any symptoms associated with COVID-19, immediately contact the hospital on 6563 2000
10. LHI Police will be checking in on those that are quarantining to ensure their safety and the safety of others. Please be available and/ or advise outing details via your 'quarantine outings' sign.
- 11. During your quarantine period, you are to have NO INTERACTIONS with anyone.** No visitors (other than official visits, for example by the Police officer), no chats, even at a distance.

12. At this stage, medical advice at 6th April 2020 recommends that you CAN go further than the boundaries of your residence for exercise purposes during quarantine.

However, if you see anyone approaching, it is YOUR RESPONSIBILITY to remove yourself immediately from the location.

- a. Examples of exercise activities you can do, (but under strict rules) whilst on quarantine include:
 - Hiking
 - Swimming
 - Bike riding
 - Walking your dog
 - Surfing
 - Fishing

Example 1: You go to Ned's early (to avoid peak times) for a surf, there is no one around, you start surfing and after 10mins, you see someone else heading toward you to go surfing or swimming in the same area. At this point, you immediately get out of the water and leave the beach. It is recognised that this makes it very difficult to surf. However sadly this is the reality for the 14 day quarantine period and the alternative is not being able to leave the property where you are quarantined.

Example 2: You go out for a run at an appropriate time of day to avoid peak traffic. You see a friend also out exercising. You DO NOT stop to chat, you stay as far away as possible, waving as you pass, and continue your run avoiding any popular exercise areas for those not in quarantine.

Example 3: You decide to go fishing; you chose an area where you think no one else will be to set up, and upon arrival, you see there is another person already there. You immediately leave and find another location.

- b. Though exercise is allowed during quarantine, this is not an excuse to be out all day, you need to fill in your 'quarantine outing card' with a departure and return time and a proposed location and activity.
- c. Activities MUST be done alone (or with household members who are also quarantining) and completely away from other people, adhering to all COVID-19 hygiene practices whilst out.
- d. Choose times when there is less likely to be people around (e.g. early morning, late afternoon). If you encounter anyone stay as far away as possible from them, do not stop to chat, if they approach you let them know you are quarantining and to not come any closer, then remove yourself from the location.
- e. If you are on an allowable quarantine outing (solo or with other household members who are quarantining) and you are seen in close

proximity to another person, you will be in breach of your quarantine direction.

13. This current advice is supported by the LHI Public Health Order and there are very strict fines for not adhering to your quarantine directions. This advice can change at any time. You will be informed of any changes as soon as they come into effect.
14. 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 a quarantine exit interview before you can return to regular self-distancing.

Please remember, being able to leave your house to exercise whilst in quarantine is a privilege for those in quarantine on Lord Howe Island and can only be permitted if there is no health risk (you do not interact with anyone).

If quarantine measures are not strictly adhered to, going forward all people quarantining will be confined to their residence for the full 14 days.

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>