

# What does self-quarantine mean? Coronavirus (COVID-19)



Developed by Queenslanders with Disability Network  
(QDN) [www.qdn.org.au](http://www.qdn.org.au)



**This information has some words that you may not have seen before.**

<b>Virus</b>	an illness that can spread easily from one person to another person
<b>coronavirus</b>	a type of virus
<b>COVID-19</b>	is the same as coronavirus
<b>self-isolation</b>	is for people who are sick and have tested positive for coronavirus, and must self-isolate while recovering.
<b>self-quarantine</b>	you are told by a doctor or the Government you must stay at home for 14 days

**This information is for people with disability and tells you about:**



What self-quarantine means.

What to do if

- You feel sick and have symptoms.
- The person that helps you gets sick.
- You have to self-quarantine.
- How to plan for staying at home.
- How to get basic supplies and medication.
- Where to go to get information.

## With the coronavirus around it is important that you:



**Get information** about coronavirus.



**Keep in touch** with family, friends and workers by phone or social media instead of in person to stay connected.



**Plan** for what you will need for your day to day life.



**Get the support** you need each day and know where to get help if they get sick.



**Know** where to go and who to call for up to date information.

## What to do if you feel sick and have symptoms?



Stay home if you or someone you live with has

- high temperature
- sore throat
- a cough and
- is finding it harder to breathe (call 000)



You should not be near other people unless it is your support person.



Call your doctor or call [13 HEALTH \(13 43 25 84\)](tel:13432584) for help and they will tell you what to do next.



If you start to feel very sick call an ambulance on 000.

## What to do if the person that helps you gets sick?



Ring your service provider and tell them you still need help.



If your family member or friend is helping you and they get sick, call Community Recovery Hotline 1800 173 349 for help.



If you self-manage your NDIS plan you will need to talk to your support network (like family, friends or neighbours) to see how they can help you.

## What to do if a doctor or government says you have to self-quarantine.

**If you are in self-quarantine this means:**



You stay away from other people in your home as much as you can

Staying inside and not going out into the community.



You stay away from other people even if you live in a unit block



Only people who usually live with you, or help you, should be in your home at any time.



Less face-to-face contact between people to help stop the spread of germs.



You will need to self-quarantine for 14 days.



The Government will put your name on a register to know who is at home in self-quarantine.

## What to think about if you have to stay at home in self-quarantine



Have a plan. Talk with your family, friends and support services about what you can do to get ready **now**.



Red Cross will call people who have been told by a doctor or the Government to stay at home. This is to check on how you are going.

## A plan should have information about:



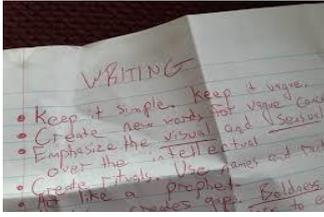
Food, personal, medical and household products, you and your animals need for 14 days



Your data and phone connection to stay in touch with people when you are at home for 14 days



What extra help do you need to stay at home and where can you get it from? Could you get technology or support workers to help?



The phone number of each person and organisation that helps you in one place, like your doctor, support workers, friends and other people who help.

## How to get basic supplies or medication if you can't go out and you are in quarantine



If you need help with your health, you can call **13 HEALTH (their phone number is 134 325 84)**



If you don't have anyone to help you and you need essential food and medication, call **Community Recovery Hotline on 1800 173 349**



If you get disability or community services, contact your support organisation. They may be able to give you other people who can help in your area. You can also talk with your family and friends.

## Where can I get up to date information? Who can I call?



### Queensland Health

If you are feeling unwell or you need help about your health call 13 Health. The phone number is **13 43 25 84** or visit [www.health.qld.gov.au/coronavirus](http://www.health.qld.gov.au/coronavirus)

### Australian Government



Call the Department of Health phone number for COVID-19 on **1800 020 080** if you would like to know more about coronavirus or visit [www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert](http://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert)



**National Relay Service** can be contacted on **1300 555 727** if you are deaf, hard of hearing or have a speech impairment and they can help you talk on the phone.

**Translating or interpreting services** Call **131 450**



National Disability  
Insurance Scheme

### National Disability Insurance Scheme (NDIS)

If you have any questions about your NDIS plan call the NDIS on **1800 800 110** or visit <https://www.ndis.gov.au/understanding/ndis-and-other-government-services/ndis-and-disaster-response>



### Queenslanders with Disability Network (QDN)

If you need more information or you would like to connect with other people with disability call QDN on **3252 8566**. Join QDN Facebook [www.facebook.com/QueenslanderswithDisabilityNetwork/](http://www.facebook.com/QueenslanderswithDisabilityNetwork/)