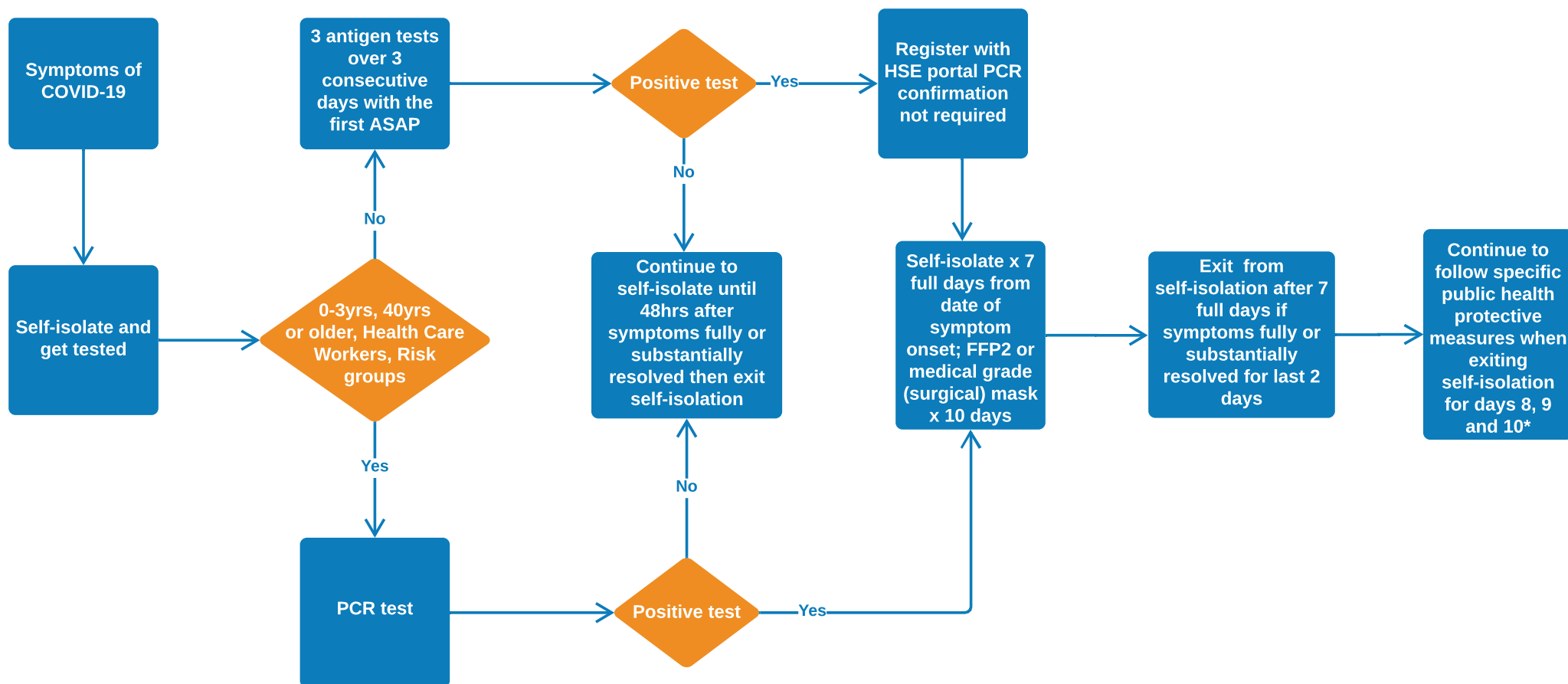




Guidance for Cases and Symptomatic Individuals (*not including close contacts*): Version 1.1 - 03/02/2022



*Day 8, 9 and 10

Limit close contact with other people outside their household, especially in crowded, enclosed or poorly ventilated spaces

Wear a FFP2 or medical grade (surgical) mask in crowded, enclosed or poorly ventilated spaces and where they are in close contact with other people

Avoid contact with anyone who is at higher risk of severe illness if infected with COVID-19

Work from home unless it is essential to attend in person

For all symptomatic individuals, where symptoms have resolved, take an antigen test before entering crowded, enclosed or poorly ventilated spaces and prior to having close contact with other people from outside their household

Children can exit self-isolation after 7 full days and return to childcare and educational settings, once symptoms have substantially or fully resolved for the final 2 days (48 hours) of the self-isolation period.