

# Information for leaving isolation

**Your local health services would like to thank you and your family for following the NSW health self-isolation Public Health Orders.**

**You and your family have now completed home self-isolation.**

## Testing



You have now received a clearance certificate from NSW Health, which means you are clear from transmitting the virus to people around you.

You do not need to get tested for COVID-19 to prove your clearance.

You should get tested again if you experience new COVID-19 symptoms (such as fever, cough, sore throat, difficulty breathing, runny nose or loss of taste or smell).

## Stay at home rules



Most parts of NSW are still under stay at home rules. It is important that you and your family continue to follow these rules, by returning straight to your family home or staying where you are once you have finished your self-isolation. More information about the stay at home rules are on the other side of this fact sheet.

## Vaccination



People who have had COVID-19 infection should still be vaccinated against COVID-19. Please talk to your doctor about when you should get your COVID-19 vaccination and if you have any other health concerns.

## Support is available



Isolation can be hard on your mental health. Support is available if you aren't feeling your best, contact:

- Maari Ma SEWB on 042 982 9889
- Community Mental Health Team 08 8080 1556 to arrange for Mental Health Support
- Mental Health Line 1800 011 511, 24 hours per day, 7 days per week

## Other useful numbers to have on hand

The National Coronavirus Helpline 1800 020 080

Beyond Blue 1300 224 636

Lifeline 131114

Kids helpline 1800 551 800

NSW Medical helpline 1800 022 222

Thirrili 1800 805 801

Suicide call back service 1300 659 467



**Health**  
Far West  
Local Health District



**Royal Flying Doctor Service**  
SOUTH EASTERN SECTION



Updated: 17 September 2021

## Stay at home rules



You and your family have now received a COVID-19 Clearance Certificate. Please be aware that stay at home rules still apply to you and the people you live with. This is to keep you, your family and your community safe and in accordance with the NSW Lockdown.

**Everyone must stay at home and only leave your home if you have a reasonable excuse. When you leave your home, remember to:**



- Use hand sanitizer regularly
- Keep 1.5 metre distance from other people
- Always take a face mask with you and wear it when you are around others, both inside and outside

**Reasonable excuses to leave the home are below**



### DO

Go shopping (only one person from the house can go each day, unless care for other people cannot be arranged)

- To the local shop
- Travel to a shopping area and straight back home

Work and study

- TAFE
- Local area that supports you to continue with your studies

Exercise

- With your household, or with one person from a different household
- Activities at the river

Get medical care

- COVID-19 vaccination or test
- Visit your local health service

Provide care for an Elder, family member, neighbor

- Going to the shop for them
- Helping them receive a service



### DO NOT

DO NOT allow visitors

- Do not visit family and friends to socialise or for non-essential reasons
- Do not allow anyone to visit your home to socialise or for non-essential reasons

DO NOT roam the streets

- Do not drive around town without a reasonable excuse
- Do not walk around in large groups of people who do not live with you (unless exercising with one other person)

DO NOT take a holiday

