



# Frequently asked questions – for carers entering hotel quarantine.

This document has been developed for any parent, guardian or support worker entering hotel quarantine to accompany either a child under the age of 18 years or an adult that requires a carer during their hotel quarantine period.

All individuals (including children) travelling to Western Australia who are issued a Centre Direction under the Emergency Management Act 2005 will need to quarantine in a hotel for 14 days following arrival.

Schedule 3 of the Controlled Border for Western Australia Directions describes the requirement that a parent or guardian must quarantine with their child if they have been given a Centre Direction at a state quarantine facility (hotel).

As you will be in close contact with an overseas traveller whilst in hotel quarantine, it is important that you are aware of the precautions you should follow during your time in hotel quarantine.

## **QUARANTINE REQUIREMENTS**

### **How long will I need to stay in hotel quarantine?**

For COVID-19, the incubation period generally ranges from 1 to 14 days, which is the period of time between being exposed to the virus and the onset of symptoms. So long as you have not developed symptoms of COVID-19 within your quarantine period, your period of quarantine will end after 14 days.

Your quarantine end date may change if you develop COVID-19 symptoms, if you test positive for COVID-19, or if the person you are caring for has tested positive for COVID-19.

### **What precautions should I take whilst I am in hotel quarantine looking after someone?**

- Try to maintain a minimum of 1.5 metre distance from the person you are looking after.
- Limit physical interaction with the person you are looking after (this includes hugging, sharing a bed).
- Always wear a mask while you are within close contact (1.5 metres) with the person you are looking after. You will not be required to wear a mask whilst you are in a different room or sleeping.
- Avoid touching your face when wearing a mask.
- Replace your mask at least every 4 hours or sooner if it becomes moist or soiled.
- Practice good hand hygiene.
- Clean surfaces regularly with the disinfectant wipes that have been provided.
- Report any symptoms for yourself or the person you are caring for to the onsite medical team.

## **What will be provided while I am in hotel quarantine?**

You will be allocated an interconnecting room where possible, so you have a separate area that includes a bedroom and bathroom for you to use.

The following items will be provided to you during your time in hotel quarantine:

- Surgical masks
- Alcohol based hand sanitiser
- Disposable cleaning and disinfection wipes
- Disposable rubbish bags

Should you run out of any items, please contact the onsite medical team who can provide you with further supply.

## **Will I need to be tested whilst I am caring/accompanying someone in hotel quarantine?**

Yes, at least one test will be conducted during your time in hotel quarantine which will coincide with the person you are caring for day 12 swab. However, there is a possibility that more testing would be required should the person you are caring for tests positive for COVID-19.

## **What happens if the person I am caring for tests positive for COVID-19?**

If the person you are caring for tests positive to COVID-19, this will result in you being treated as a close contact.

The public health team will provide you with specific information and support regarding your personal situation and advise you on the frequency of swab testing during your hotel stay. Please be aware that this may also result in you staying longer than 14-days.

## **What are the symptoms of COVID-19 and should I tell anyone if I have any of these?**

The symptoms of COVID-19 are any of the following:

- sore throat
- fever
- funny nose (or any upper respiratory tract infection symptoms)
- fatigue
- loss of smell or taste.

It is important that you report any symptoms of COVID-19 to the onsite medical team as soon as possible, even if you believe you do not have COVID-19.

## **What if my swab sample returns a positive result?**

If your results are positive, you will be contacted by a member of the public health team. The public health team will provide you with specific information and support regarding your personal situation. You will be required to remain in isolation until you have been cleared and public health have given you a "Release from Isolation" Letter.

## **Last updated 30 December 2020**

This document can be made available in alternative formats on request for a person with a disability.