



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 who 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 to Quarantine in a State quarantine facility (hotel).

As you will be in close contact with an overseas traveller when in hotel quarantine, it is important that you understand and follow the necessary precautions.

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 time between being exposed to the virus and the onset of symptoms. So long as you or the person you are caring for have not developed COVID-19 symptoms, your quarantine will end after the person you are caring for finishes their 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 tests positive for COVID-19.

What precautions should I take when I am in hotel quarantine looking after someone?

- Try to maintain a minimum 1.5 metre distance from the person you are looking after.
- Limit physical interaction (this includes hugging, sharing a bed).
- Always wear a mask when you are within close contact (1.5 metres). You will not be required to wear a mask when 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 and wash your hands regularly.
- Clean surfaces regularly using the disinfectant wipes that have been provided.
- Inform the onsite medical team of any health symptoms for yourself or the person you are caring for.

Before entering hotel quarantine, is there a requirement to be vaccinated against COVID-19?

No. However, the Department of Health strongly encourages you to have at least your first dose of COVID-19 vaccine before entering hotel quarantine, provided there is sufficient time for the vaccine to take effect.

What if I cannot get a booking for a COVID-19 vaccine before entering hotel quarantine?

If you have been identified as the carer entering hotel quarantine, you will be contacted by a representative from the State Health Incident Coordination Centre at the Department of Health. The Department of Health representative will assist you to make a vaccination booking.

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 health team who can provide you with further supply.

Will I need to be tested while 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 day 13 swab of the person you are caring for. Potentially, more testing would be required if the person you are caring for returns a positive COVID-19 test result.

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, you will be treated as a close contact.

The public health team will provide you with specific information and support and advise you on the frequency of swab testing during your hotel stay. A positive test result may also extend your stay beyond 14 days.

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

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

- Fever or recent history of fever (including night chills or sweats)
- Acute respiratory symptoms (cough, shortness of breath, sore throat, runny nose)
- Loss of sense of smell or taste.

Less common symptoms include: fatigue, muscle or joint pain, diarrhoea, nausea or vomiting and a loss of appetite.

It is important that you report any COVID-19 symptoms 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?

The public health team will provide you with specific information and support and advise you on the frequency of swab testing during your hotel stay. You will be required to remain in isolation until you have been cleared and public health have given you a *Release from Isolation* letter.

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

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