





# Quick guide to self-isolation and testing

What kind of contact am I?	How long must I self-isolate?	When to get a test			
		Now	Day 5	Day 12-14	If symptomatic
<p><b>Close contact</b></p> <p>Someone who has been close to a person who has COVID-19.</p> 	<p><b>Self-isolate immediately</b></p> <p>Stay in self-isolation for at least 14 days from exposure, even if you receive a negative result.</p>	✓	✗	✓	✓
<p><b>Secondary close contact</b></p> <p>Someone who shares a home with a close contact or who has been very close to them since they were exposed to COVID-19.</p> 	<p><b>Self-isolate immediately</b></p> <p>Stay in self-isolation until you get a negative result</p> <p>If you cannot self-isolate away from the close contact, you must stay in self-isolation for the same time as the close contact and get further tests. See the <a href="#">factsheet</a> for more information.</p>	✓	✗	✗	✓
<p><b>Casual contact - attended COVID-19 venue less than 4 days ago</b></p> <p>Someone who has been near a person with COVID-19 less than four days ago.</p>  <p>Day 1-3</p>	<p><b>Self-isolate immediately</b></p> <p>Stay in self-isolation until you get a negative result from a test taken five days after you were near the person with COVID-19.</p>	✓	✓	✗	✓
<p><b>Casual contact - attended COVID-19 venue 4 or more days ago</b></p> <p>Someone who has been near a person with COVID-19 four or more days ago.</p>  <p>Day 4+</p>	<p><b>Self-isolate immediately</b></p> <p>Stay in self-isolation until you get a negative result.</p>	✓	✗	✗	✓

**If you have symptoms, even if mild, you must get a test, self-isolate immediately and follow NSW Health advice.**

## How do I self-isolate?

- Self-isolation means you must stay in your home and stay completely separated from everyone else in your home. You should not be in the same room as any other person.
- You **cannot** leave your home, unless for medical care (including a COVID-19 test), or in an emergency.
- You **cannot** allow other people into your home unless they usually live there, or they are entering for medical or emergency purposes.
- Self-isolation is different from stay-at-home orders (lockdown). When you are self-isolating, you are **not** permitted to leave your home for outdoor exercise, shopping, work or education.

## How do I know if I am a close or casual contact?

There are three ways to know if you are a close or casual contact:

- Someone in your home or who you have been near gets COVID-19.
- You get a text or phone call from NSW Health telling you that you are a close or casual contact.
- You see from the [website](#) that you have been to a close or casual contact place on the day and time listed.

## How do I know if I'm a secondary close contact?

NSW Health asks close contacts to tell the people they have been close to in the last two days to get a COVID-19 test and self-isolate until they have a test result.

You are a secondary close contact if you have been close to someone since they were exposed to COVID-19. This includes anyone who:

- Lives in the same home as a close contact of a person with COVID-19.
- Has visited the home of a close contact of a person with COVID-19.
- Has been visited in their home by a close contact of a person with COVID-19.
- Has shared a confined space (such as a car) with a friend who is a close contact of a person with COVID-19.

If you think you are a close, secondary or casual contact, it is important you check the detailed factsheets for more information:

- [Close contact](#)
- [Secondary close contacts](#)
- [Casual contact](#)

Stay up to date with COVID-19 case locations by checking the website regularly: [www.nsw.gov.au/covid-19/nsw-covid-19-case-locations](http://www.nsw.gov.au/covid-19/nsw-covid-19-case-locations)