



**NEWSLETTERS will be distributed in preparation and following opening of Tasmanian borders– will be fortnightly/monthly depending on changes in Australia / Tasmania.
(Last Newsletter –4 Jan 2022)**

COVID cases continue to grow in Tasmania.

How to interact, when to get tested and when to isolate have changed, as well as definitions of close contact.

For Tasmanian Government updates please see link:

<https://coronavirus.tas.gov.au/facts/important-community-updates-covid19>

We will continue with the Frequently Asked Questions format to try to get information to you to help keep you safe while out and about in the field.

Please note- due to the rapid changes we are all experiencing- some directions/actions given today may quickly change and no longer be relevant tomorrow.

Question: I have heard/been informed a client had COVID, and I was in their home for a two hour DA visit. I was wearing my mask. What do I do?

Answer: You do NOT meet the criteria for close contact, and you do not need to isolate or do anything different. HOWEVER- you should monitor for symptoms and if they develop you must contact Public Health to get a COVID test. You should also inform your Manager- if we get more information/need to change advice we will let you know.

- See definition of close contact from Tasmania Public Health here: [Advice for case contacts | Coronavirus disease \(COVID-19\)](#)

Question: A client I am visiting has a family member in the home who are not well. Can I visit?

Answer: Yes, you can complete your visit, however any unwell household members must go to a separate room and not have contact with you. You should wear a mask, and the unwell person should wear a mask. Make sure you practice hand hygiene before and after the visit. Remove and dispose of the mask you used in this home when you leave (hint: it can be placed in general rubbish so you could use the client's general waste bin)

Question: If a client was confirmed as having COVID, and I visited them what do I do?

Answer: If we are informed a client has tested positive, we would check the roster/schedule and inform staff who have visited in the time they were likely unwell. Staff would not be deemed as close contacts and do not need to quarantine, we would ask you to monitor for symptoms.



Question: I have been informed I am a close contact and need to isolate. Can I come back to work after the seven days isolation?

Explanation: As your work involves vulnerable people, Government Guidelines state you need to stay away for an extra seven days. HOWEVER- you are also an essential worker, so you can apply for an exemption at day seven- and if approved you are able to return to work.

Answer; Yes, if you have an exemption as an essential worker.

Question: I have become unwell, and now have tested positive for COVID. Should I let clients I visited know?

Answer: If you test positive for COVID, you MUST let Michelle Moore and Rostering know. A representative for South Eastern Community Care will check your roster, and we will advise all clients you visited in the time you were likely unwell. Clients would not be deemed as close contacts and do not need to quarantine, we would reassure them and ask them to monitor for symptoms.

Question: I have tested positive for COVID. When can I come back to work?

Answer: Public Health will 'release' you from isolation at day seven if you have no symptoms (as you would be deemed as NOT being contagious). If you have symptoms, you would not be 'released' until at/around day 10. As soon as you have your confirmation that you are out of isolation following a positive COVID test you can return to work. You would not be tested for COVID in the workplace (if we were testing) for 30 days after being positive- as even though you are not infectious you continue to shed virus, it is possible to be not contagious and test positive for a lengthy amount of time after getting COVID.

Question: I have been directed to isolate, can I get paid leave?

Answer: if you have been directed to isolate by Public Health, please give proof to SEC Care and you can be paid from your existing Personal Leave. If you have no Personal Leave, you may access Annual Leave, take leave without pay or access Long Service Leave (certain restrictions and minimum amounts of time off/payments apply).

Also: There may be Government Grants you can apply for- but you need to have used all of your personal and annual leave to be entitled to Government payment/s.

Question: Where can I get more information?

Answer: You can call or email Michelle, Barry, Helen or Sharon. If urgent- please call, don't rely on emails for prompt responses! You can check the [Tasmanian Government information Coronavirus disease \(COVID-19\)](#)

Question: Do I need a Booster/ third COVID vaccination?

Answer: We are reporting to the Government numbers of staff with Booster. It is not mandatory.....YET. We expect it will be in the near future. We encourage you all to get the booster as soon as you can!

Testing, quarantine and isolation plan

Version 3.1 | 7 January 2021



Positive COVID-19 case

If you have **no symptoms**, isolate for 7 days from when you had your test taken.
If have remaining **symptoms** isolate for 10 days from when your test was taken.



Close contact

Quarantine for 7 days from last exposure to the case.

*A close contact is a person who has had face to face contact with a COVID-19 case and there is reasonable risk of transmission.
This is primarily household and household-like contacts, who have extensive social interaction with a case.*



Quarantine or isolation requirements

If you received your positive result via a RAT, you must register your result. Note that PCR test results are already recorded with Public Health.

You must notify your close contacts, social contacts and workplace / education setting that you have COVID-19.



Notification requirements



Testing requirements

No further testing requirements unless directed to by Public Health.

Minimum 2 tests

- Test immediately - Rapid Antigen Test (RAT).
- RAT on day 6 following exposure.
- RAT at any time during quarantine and/or after day 7 if symptoms develop. If RATs are not available get a PCR test.



Isolation or quarantine requirements for other members of the household

Isolate in a suitable premises.
If people are in the same house they become close contacts.

Monitor for symptoms. Have a RAT if you develop symptoms. If RATs are not available get a PCR test.



Other requirements

From day 8-14 wear a mask and avoid high risk settings except for essential purposes.

coronavirus.tas.gov.au



YOUR WELLBEING

You can contact Your Manager if you want to query any practices, unsure of what to do, or need help/advice.

Our EAP partner is Positive Solutions who are available at any time and for any reason. You can contact them with confidentiality assured on 1800 064 039.

Relating to COVID19- if you have any respiratory symptoms , feel unwell with cough or fever, sore throat or shortness of breath– please phone your GP or the Tasmanian Public Health Hotline on 1800 671 738. DO NOT COME TO WORK, EVEN IF YOU HAVE ONLY MILD SYMPTOMS- GET ADVICE AND GET TESTED!

THANK YOU for everything you are doing to stay safe and to care for vulnerable people in our community:

Helen, Michelle, Barry and Sharon