

COVID-19 ADVICE



When the traffic light is: Please follow this advice:

RED (Tier 2)

Wear a mask indoors

AMBER (Tier 1)

Wear a mask:

- In healthcare settings
- Indoors, if you can't socially distance
- On public transport
- If you are older or medically at risk
- If you're around people who are vulnerable to COVID-19

Take a rapid test (RAT) every 2 days if someone in your household has COVID-19

GREEN (Baseline)

Stay home if you're sick

Keep up to date with your vaccinations

Take a rapid test (RAT) if you get COVID-19 symptoms

If you get COVID-19:

- Register your RAT result
- Stay home until you're well again
- Wear a mask for 7 days after your test
- Avoid visiting hospitals, aged care or disability care for 7 days after your test
- Ask household members to closely monitor for symptoms

Wear a mask if required by the healthcare provider, venue or household