

# Nauru National COVID-19 Taskforce

## ISOLATION FOR COVID-19 CASES

### IF YOU

#### **Test positive for COVID-19**

(regardless of vaccination status)

#### **If you get very sick from COVID-19**

#### **or you have a weakened immune system**

Call 191 or  
go to the Hospital or  
call the Ambulance if it is urgent

### YOU MUST

#### **Isolate for at least 13 days**

#### **You can self isolate at home**

or

#### **Request to isolate in Government Quarantine Accommodation**

You cannot leave isolation, except  
for an emergency.

Try to avoid being around people  
who are more likely to get very  
sick from COVID-19

Wear a well-fitting mask if you  
must be around others in your  
home.

Some support is available at the  
Government Quarantine  
Accommodation

- Nurse/Health workers are on site 24/7
- meals are provided
- Site Managers may be able to assist with other general needs

## Calculating Isolation

**Day 0** is your first day of symptoms or a positive COVID test.

**Day 1** is the first full day after your symptoms started or your positive COVID test.

## **Ending isolation if you did NOT have symptoms**

End isolation after 13 full days after your positive COVID test

## **Ending isolation if you had symptoms**

IF you still have fever and/or respiratory symptoms\* at day 10, please call 191.

A Health Team will visit to assess you and the Health Team will advise when your isolation can end.

IF your symptoms improved or cleared by day 10 and you have had no fever\*\* or respiratory symptoms for at least the last 3 days, you can end isolation 13 days after your symptoms started.

\*respiratory symptoms include cough, sore throat, difficulty breathing, feeling short of breath

\*\* no fever without the use of fever-reducing medicine like Panadol or Brufen