

Self-isolation guidance for athletes and staff returning to United States

Self-isolation guidance

As a precaution to avoid any increased transmission of the COVID-19 virus and to protect yourself and family. We are directing you to practice self-isolation practices upon your return home.

If you have been exposed, it may take up to two weeks for symptoms to present. To keep yourself and others safe, you are required to isolate yourself from other people for 14 days from the time you travelled home.

If you have not been in contact with someone who has been infected with COVID-19, your risk of being infected is very low.

We are asking people to take simple, common-sense steps to avoid close contact with other people as much as possible, like you would with the seasonal flu virus. We know it is a stressful time, but taking these measures will help protect you, your family from COVID-19 and other common infectious diseases.

We are only asking people who have travelled home recently, not any other people who they may be living with.

What does self-isolation mean?

Self-isolation means staying away from situations where you could infect other people. This means any situation where you may come in close contact with others (face to face contact closer than 1 metre for more than 15 minutes), such as social gatherings, work, school, child care/pre-school centres, university, polytechnic and other education providers, faith-based gatherings, aged care and health care facilities, prisons, sports gatherings, restaurants and all public gatherings. This means you should avoid sitting in a restaurant.

Complete the daily illness survey

You will receive a daily reminder to complete a daily wellness survey from Smartabase for athletes, and google form for staff. This will help us assist you in case if you become symptomatic and help us guide you to the required steps for testing.

Living with others

As much as possible, you should limit your contact with people other than the family members/companions you travelled with. You should avoid having visitors to your home, but it is okay for friends, family or delivery drivers to drop off food.

If you are in a home where the other residents have not travelled (eg, your home/flat, a homestay, student accommodation), minimise close contact with the other residents by avoiding situations where you may have face-to-face contact closer than 1 metre for more than 15 minutes. The other household residents do not need to self-isolate provided these precautions are followed.

You should not share dishes, drinking glasses, cups, eating utensils, towels, pillows or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water, place them in the dishwasher for cleaning or wash them in your washing machine.

Clean and wash “high touch” areas

Cleaning the kitchen is paramount, but that's not all that needs disinfecting. It is unclear how much of a factor spread of the virus from surfaces is, but thorough cleaning is still recommended.

Pretty much anything that gets touched in the house should be cleaned thoroughly. That means "counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day," as the [CDC](#) writes.

Bathrooms are often overlooked but are important as they may have blood, stool, or other bodily fluids in them that could spread the virus. That's why it's best that the sick person use their own bathroom while others in the house use another one, if available.

If there's only one bathroom, a recommended rotation schedule whereby "the isolated person us[es] the facilities last, before thoroughly cleaning the bathroom themselves." Everyone should use separate towels if they don't already.

This best practice extends to laundry, too. One should "immediately" remove any clothes or bedding that has blood, stool, or bodily fluids on them, preferably using disposable gloves. The person who removed the items, preferably a partner or friend — not the sick person — should wash their hands afterward.

And per the CDC "place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste."

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues in a rubbish bin and immediately wash your hands with soap and water for at least 20 seconds, making sure you dry them thoroughly. You can also use hand sanitiser.

Wash your hands

Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use hand sanitiser if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands.

Getting food and medicine

Where possible, contact a friend, family member or delivery services to carry out errands like supermarket shopping on your behalf.

Taking care of your wellbeing

Your emotional and mental health is important. It is normal to feel stressed or lonely when self-isolating, but there are some things you can do to feel better.

Reach out to your usual supports, like family and friends and talk about how you feel. We also recommend sticking to a routine such as having regular mealtimes, bedtimes and exercising.

For more information on self-isolation go to this CDC link:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>