



Dated: 7 January 2022

COVID-19 Test & Isolate National Protocols, Restrictions and Queensland Health Guidelines

Please find below the information pertinent to the Testing & Isolation protocols and latest links to the Queensland Health website for Public Health Directions.

If you have any queries pertaining to the testing, isolation, release, or participation in carnivals (after PCR or RAT tests, positive identification of COVID, recent release from isolation or quarantine); *please direct these queries to your medical practitioner or Queensland Health* so that you are making the right decision as per the legislative guidelines.

Covid queries directed towards MSW Team Managers:

MSW is a volunteer junior cricket association and is not able to provide advice on Covid restrictions, isolation/quarantine/release, compliance, or efficacy/completeness/adherence of the guidelines/protocols. Any queries raised to the MSW team Managers will be responded with this standard communication that has been endorsed by the MSW President and the committee.

MSW holds a position that it is the Parent's responsibility:

- a) To be aware of the ongoing and changing protocols for testing and isolation
- b) To be aware of the Queensland Health directives and restrictions
- c) To seek advice from their general practitioners for compliance in accordance with the Testing and Isolation protocols as mandated by the Federal and State Governments
- d) To be honest and truthful in declaration for their child's participation in any training activities or carnivals
- e) To provide full disclosure and take appropriate actions in alignment with the Queensland Health directive to mitigate the spread of the COVID

Queensland Government links:

While reading through the requirements either for confirmed cases or close contacts please ensure that you are reading all the requirements in conjunction with release requirements (for any inter-dependencies) to make the right decisions. If you have any doubts, *please direct these queries to your medical practitioner or Queensland Health.*

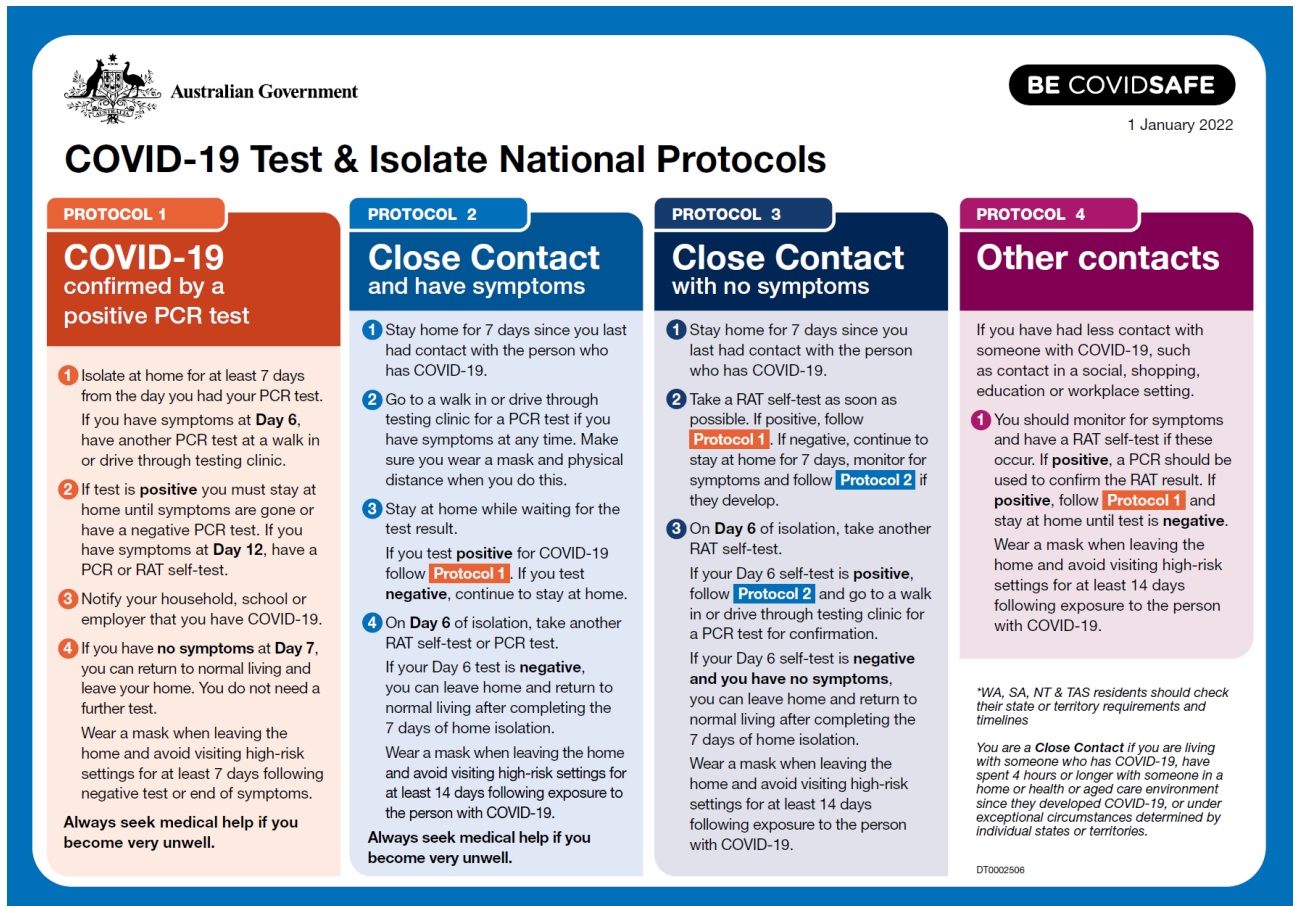
1. Isolation for confirmed cases and quarantine for close contacts:
<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/public-health-directions/confirmed-cases-and-close-contacts>
2. Close contacts - quarantine and testing requirements:
<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/public-health-directions/confirmed-cases-and-close-contacts/close-contacts>

Disclaimer: The Covid-19 situation is changing rapidly with Delta and Omicron strain prevalent in Queensland. It has not been contained yet. The information pertaining to Covid restrictions is changing with the new developments. **MSW recommends all participants to follow the links provided in this document to keep yourself updated, abide by QLD Health restrictions and be current with the information, restrictions, and guidelines to ensure Compliance and SAFETY for all.**

- Mandatory face masks: <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/public-health-directions/mandatory-masks>

National Test and Isolate protocols:

Please find below the snapshot and link of the Test and Isolate protocols:



The screenshot shows the Australian Government's COVID-19 Test & Isolate National Protocols document, dated 1 January 2022. It features the Australian Government logo and the 'BE COVIDSAFE' logo. The document is organized into four protocols:

- PROTOCOL 1: COVID-19 confirmed by a positive PCR test**
 - Isolate at home for at least 7 days from the day you had your PCR test. If you have symptoms at **Day 6**, have another PCR test at a walk in or drive through testing clinic.
 - If test is **positive** you must stay at home until symptoms are gone or have a negative PCR test. If you have symptoms at **Day 12**, have a PCR or RAT self-test.
 - Notify your household, school or employer that you have COVID-19.
 - If you have **no symptoms** at **Day 7**, you can return to normal living and leave your home. You do not need a further test.
Wear a mask when leaving the home and avoid visiting high-risk settings for at least 7 days following negative test or end of symptoms.
Always seek medical help if you become very unwell.
- PROTOCOL 2: Close Contact and have symptoms**
 - Stay home for 7 days since you last had contact with the person who has COVID-19.
 - Go to a walk in or drive through testing clinic for a PCR test if you have symptoms at any time. Make sure you wear a mask and physical distance when you do this.
 - Stay at home while waiting for the test result.
If you test **positive** for COVID-19 follow **Protocol 1**. If you test **negative**, continue to stay at home.
 - On **Day 6** of isolation, take another RAT self-test or PCR test.
If your Day 6 test is **negative**, you can leave home and return to normal living after completing the 7 days of home isolation.
Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.
Always seek medical help if you become very unwell.
- PROTOCOL 3: Close Contact with no symptoms**
 - Stay home for 7 days since you last had contact with the person who has COVID-19.
 - Take a RAT self-test as soon as possible. If positive, follow **Protocol 1**. If negative, continue to stay at home for 7 days, monitor for symptoms and follow **Protocol 2** if they develop.
 - On **Day 6** of isolation, take another RAT self-test.
If your Day 6 self-test is **positive**, follow **Protocol 2** and go to a walk in or drive through testing clinic for a PCR test for confirmation.
If your Day 6 self-test is **negative and you have no symptoms**, you can leave home and return to normal living after completing the 7 days of home isolation.
Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.
- PROTOCOL 4: Other contacts**

If you have had less contact with someone with COVID-19, such as contact in a social, shopping, education or workplace setting.

 - You should monitor for symptoms and have a RAT self-test if these occur. If **positive**, a PCR should be used to confirm the RAT result. If **positive**, follow **Protocol 1** and stay at home until test is **negative**.
Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.

**WA, SA, NT & TAS residents should check their state or territory requirements and timelines*

You are a Close Contact if you are living with someone who has COVID-19, have spent 4 hours or longer with someone in a home or health or aged care environment since they developed COVID-19, or under exceptional circumstances determined by individual states or territories.

Test and Isolate protocols Link: <https://www.health.gov.au/resources/publications/covid-19-test-isolate-national-protocols>

Endorsed by,

President MSW (Metropolitan South West District Cricket Inc.)

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