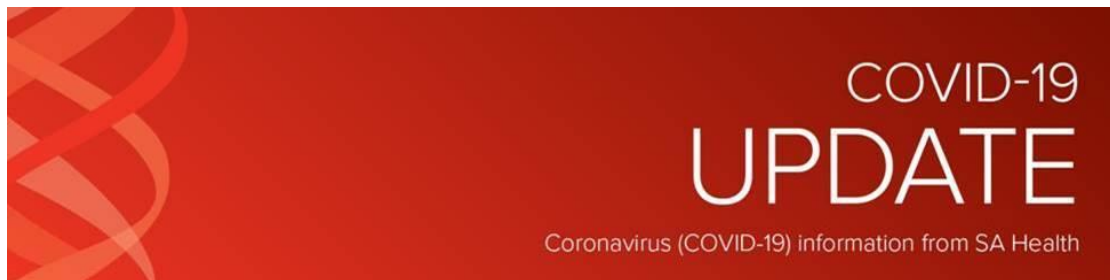


OFFICIAL



23 July 2021

Please help us by sharing this information with your community.

COVID-19 exposure locations

SA Health has found more locations where positive cases of COVID-19 have been in South Australia. Action is required by the community.

It is very important to check the [Contact Tracing](#) webpage and our [Facebook page](#) often to see if you have been to any locations and what you need to do:

www.sahealth.sa.gov.au/COVIDcontacttracing

More locations will be added so please check this regularly.

Support during COVID-19

It is understandable that many South Australians are feeling worried by the current COVID-19 situation in our state.

It's really important that we look after our mental health and wellbeing and stay connected with family and friends through the phone or online during this challenging time.

We have the following fact sheet about support available during COVID-19 translated. You can find it in 35 languages on our website at: www.sahealth.sa.gov.au/COVIDtranslated

Support during COVID-19



If you need help talking to someone in another language, you can use the Translating and Interpreting Service (TIS).
131 450



If you have speech or hearing impairments and need assistance, you can call the National Relay Service.
133 677



If you have concerns about your health, please call your doctor.
In an emergency, call 000.



If you need to talk to someone, stay in touch with family and friends or call a mental health support line.

ASKPEACE **(08) 8245 8110** (Open Monday to Friday: 9am – 5pm)



Beyond Blue **1300 224 636** (Open 24 hours a day, 7 days a week)

COVID-19 Mental Health Support Line

1800 632 753 (Open 8am – 8pm, 7 days a week)



If you are experiencing domestic or family violence and abuse and need help, please call the 1800RESPECT counselling and support service:

1800 737 732 (Open Monday to Friday: 9am – 5pm)



If you have questions about COVID-19 and South Australia's rules and restrictions for businesses, activities and social gatherings, call the SA COVID-19 Information Line: **1800 253 787**

sahealth.sa.gov.au/COVIDmulticultural



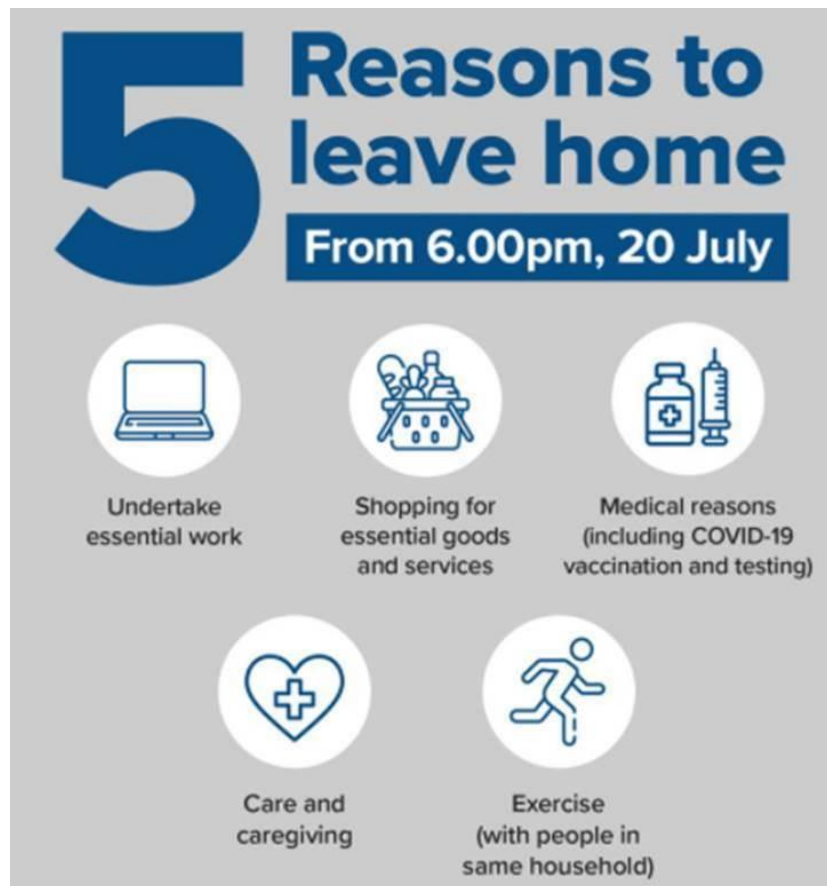
Government of South Australia
SA Health

PHS-210631

REMINDER: there are only 5 reasons to leave your home during the 7-day lock down if you are not in quarantine

1. Going to work if you are an essential worker ([list of essential workers](#)).
2. Shopping for essential goods and services, like food and medicines.
3. Medical reasons including getting a COVID-19 vaccination and COVID-19 testing.
4. Providing care and caregiving.

5. Exercise outside. Only exercise with people you live with.














REMINDER: if you are in quarantine

If you are in quarantine because you have visited a COVID-19 exposure location, or have been directed by SA Health to quarantine, you must stay at home. The only reason you can leave your home is to get urgent medical attention.

Please visit www.sahealth.sa.gov.au/COVIDtranslated for the translated fact sheet about how to self-isolate/quarantine at home. This is available in 35 languages.

How to self-isolate at home

<p>STAY HOME until the date SA Health told you to stay home.</p>	<p>You are only allowed to leave your home if you need urgent medical care. Wear a mask.</p>	<p>DO NOT GO OUT to public places: restaurants, work, school, childcare, university, shopping centres, public parks, social or religious gatherings.</p>
		
<p>Shop online or have family/friends deliver what you need. Have items left at the door.</p>	<p>NO VISITORS are allowed at your home.</p>	<p>STAY AWAY from other people in your house. Use separate bedroom, bathroom (if possible), and use kitchen only when no one is there.</p>
		
<p>DO NOT SHARE towels, toiletries, fork, knives, spoons, plates, bowls or other household items with other people in your house.</p>	<p>Wash your own dishes and laundry in hot water separate from other people's items.</p>	<p>Clean and disinfect commonly touched surfaces regularly (including door knobs, light switches, bench tops).</p>
		
<p>If you become sick, call your doctor for advice. Tell them you are in isolation. In an emergency, call 000.</p>	<p>Keep in contact with friends and family. Call a mental health support line if you need it.</p>	
	<p>COVID-19 Mental Health Support Line 1800 632 753 ASKPEACE (08) 8245 8110 Beyond Blue 1300 224 636</p>	
<p>SA COVID-19 Information Line 1800 253 787 sahealth.sa.gov.au/COVIDmulticultural</p>		<p>Government of South Australia SA Health</p> 

SA Health is your trusted source for information on COVID-19. For more information visit our and follow us on [Facebook](#) or [Twitter](#).

www.sahealth.sa.gov.au/COVID-19



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