

Tasmania COVID-19 advice

The risk level in Tasmania is:

MODERATE

When the COVID-19 risk level in Tasmania is **MODERATE** it means **COVID-19 is circulating widely in our community.**

Because of this we need to do more than our everyday COVID-safe behaviours to manage the risk. Please follow the Public Health recommendations below.

Keep us these COVID safe behaviours:



Stay up to date with your COVID-19 vaccinations.



Stay home and get tested for COVID-19 if you have any cold or flu-like symptoms – no matter how mild.



Wear a face mask in crowded indoor spaces, on Public Transport, and when visiting people who may be at risk of severe illness.



If you are at higher risk of severe illness, wear a face mask in crowded indoor spaces or crowded public settings.



Cover coughs and sneezes and wash your hands with soap and water or use alcohol-based hand sanitiser.

If you get COVID-19:

Stay at home while you have symptoms.



Wear a mask in indoor public places, away from your home, for 7 days after your positive test.



If you test positive by RAT, register your result.



If you have COVID-19 or cold or flu-like symptoms do not visit high risk settings or people at higher risk from respiratory illness for at least 7 days.



If you have been in close contact with a person who tests positive to COVID-19 – be alert for symptoms.



Stay informed.

For a full list of what to do when the risk level is MODERATE visit: health.tas.gov.au/covid19 or call the Public Health Hotline on 1800 671 738.

