

The [Australian Government](#) has said that all people who arrive in Australia **must** now self-isolate for 14 days.

Self-Isolation

Self-isolation means that you:

- a) **must** travel from the airport to your accommodation and stay there for 14 days;
- b) **must not** leave the premises, except:
 - i. for the purposes of obtaining medical care or medical supplies;
 - ii. in any other emergency situation;
 - iii. in circumstances where it is possible to avoid close contact with other persons; and
- c) **must not** let any other person enter your accommodation unless that other person usually lives at the accommodation, or the other person is also self-isolating for the same 14 day period, or for medical or emergency purposes;
- d) **must** reside in that premises for the period starting on the day you arrive and ending at midnight on the fourteenth (14th) day after you arrive.

How do I get food?

Ask someone to buy food for you. This will need to be someone who does not need to self-isolate for 14 days. It can be a friend or a person who lives in your accommodation. If you do not have anyone who can bring you food, you will need to use an online food delivery service such as [Uber Eats](#). When you order with Uber Eats you can use delivery notes to communicate how you would like your order delivered. You can include a note like "Please leave my order at the door" or "ring my doorbell and leave in the lobby".

What if I get sick and I think I have coronavirus disease (COVID-19)?

In New South Wales you should call a doctor or **healthdirect** on **1800 022 222**.

In Victoria you should call the **dedicated hotline** – open 24 hours, 7 days on **1800 675 398**.

Please keep Triple Zero (000) for emergencies only.

What if I ignore the 14 day self-isolation?

You can receive fines of up to \$11,000 or six months' in prison if you do not self-isolate.

What about my studies at ABILITY English?

Please contact ABILITY English Student Services as soon as you arrive at your accommodation. We will then be able to give you information about your studies. All students will need to defer their studies by at least two weeks to cover the time of your self-isolation. This may affect which course you are able to study. It is important to contact Student Services so we can do our best to help you.

- Melbourne Student Services melbournestudent@ability.edu.au
- Sydney Student Services studentservices@ability.edu.au