What is home quarantine?

- Home quarantine is another term that effectively means quarantine. It takes place outside of a mandatory quarantine station. It can be carried out in another location such as a private home, and relies on you to follow strict isolation guidelines, without having to be under full time supervision or security.
- Home quarantine is an effective precautionary measure to protect those around you such as your family, friends, and colleagues – from catching COVID-19. It means taking simple, public health measures to avoid close physical contact with other people as much as possible.
- It is important to note this is a specific public health concept used to remove some people from others for a short period of time, to prevent, limit or mitigate the spread of the SARS-CoV-2 virus that causes COVID-19, and its effects in Niue.
- The place/residence where you will undertake home quarantine will be declared a quarantine station and subject to provisions of the Niue Public Health Act 1965, including penalties for breaches of any instructions such as those given in the Quarantine Order.

Where do I undertake home quarantine?

- You can undertake home quarantine at the residence of your choice or alternative dwelling that has been pre-approved by Cabinet prior to your departure from Auckland.
- Any other person (if applicable) living in that dwelling will also be subject to home quarantine for 14 days.
- The place where you are undertaking home quarantine will be marked with a yellow flag and possibly tape to cordon off the property as required, to allow monitoring by health officials, and to alert others that the dwelling is under quarantine restrictions.
- Delegated authority may be given to the Village Council in the area where you are undertaking home quarantine so they can also provide 24/7 monitoring of your property to ensure there is no breach of the home quarantine process. Police will also provide mobile patrols from time to time, and you will also be receiving phone calls and visits from health officials during the isolation period.

When does my 14 days of home quarantine start?

- Quarantine is for 14 days from the time you arrive in Niue.
- It starts on arrival at Hanan International Airport, Alofi, Niue.
What are the rules during my home quarantine?

- The rules of home quarantine are the same as those set out in the Quarantine Order which will be provided to persons who are subject to the order, which states that:
  - Every person in a quarantine area must:
    - Not leave the quarantine area for the duration of the quarantine, unless specifically authorised, by the Niue Health Dept. or Emergency Services (NDMO), to do so:
    - Not interfere with the identification mechanism used to identify the quarantine area (e.g. yellow flag, police tape, barrier etc.):
    - Not to come within 2 metres of any person at the boundary of the quarantine area:
    - Not permit any items or property to leave the quarantine area:
    - Cooperate with health officials to undergo health checks:
    - Follow any further directions given by health officials.
- No person is permitted to enter the quarantine area unless they are authorised by the Director of Health to do so. In the event a person under quarantine becomes aware of any person (other than health officials) coming into their quarantine area, that person must notify health immediately on 4100 or the National Disaster Management Office (NDMO) on 4349.
- Any food, water or medicines that are being delivered to the quarantine area must be left at the boundary of that quarantine area.

What happens if I breach a condition of the home quarantine?

- Any breach of the quarantine requirements may result in prosecution and a fine.
- Police may also detain any person breaching the quarantine requirements and transport them to another facility.
- That person may also be subject to a further order.

What do I do, if I think I cannot meet the conditions of home quarantine?

- In the event of any other issues arising that may affect your ability to carry out your 14 days home quarantine, you must contact the NDMO on 4349.
- Persons under quarantine must follow the directions given by health officials.

Can I go outside my room or home?

- You may go outside your room or home, but you must stay within the parameters of your private property / yard.
- Any form of exercise is permitted provided this is within the confines of your private property.

Can I leave my property to get food and other essentials?

- No. You cannot leave your property.
- You must arrange with family or friends to deliver food, water, and other essential medicines to the edge of the property only.
  edge of your property.
If you need assistance with having these items delivered to your property, please let the health official know during the daily health checks and other arrangements will be made.

**What if I need medication?**

- Health officials will be available daily to assist you should you require medicines.

**Can I have visitors to my property?**

- No, you cannot have family and friends visit you.
- Food, water, essential medicines, and personal items should be dropped off at the edge of your property.

**What if I am feeling low or depressed?**

- Your emotional and mental health is important.
- It’s normal to feel stressed or lonely, but there are things you can do to feel better.
- Reach out to your usual support networks, like family and friends, and talk about how you feel.
- Try to keep to a routine such as having regular mealtimes, bedtimes and exercising.
- If you feel you are not coping, it is important to talk with a health professional. Please let health officials know if you need to talk to someone.

**What if I start to feel unwell?**

- If you start feeling unwell – including with symptoms of fever, a new or worsening cough, difficulty breathing, sore throat, runny nose or loss of smell – please remain in your home and contact the Niue Health Dept. on 4100 or the NDMO on 4349.

**What happens after 14 days?**

- Provided that you have tested negative for COVID-19 twice and you are not displaying any symptoms, your
- Quarantine will end after 14 days and you can move around freely.
- If you test positive or start to show symptoms, then your care will be managed by the Niue Health Department clinical team, and you may be taken to the COVID Isolation ward at Niue Foou Hospital.

**What happens if I receive a positive COVID-19 test in Niue?**

- A risk assessment will be undertaken for you and any persons that have been residing with you or who might have come into close physical contact with you.
- You and any other persons who are deemed to have come in close physical contact with you will be placed in supervised isolation/quarantine in a facility that will be determined by the National Disaster Council. Case and contact tracing procedures will follow.
- The Niue Health Department will advise and support you through this process
- Should you develop COVID-19 symptoms and require hospitalisation, you will be transferred to Niue Foou Hospital and admitted to the COVID-19 isolation ward.
**Who pays for home quarantine in Niue?**

- You will be responsible for the cost of undergoing isolation or quarantine in your home in Niue.
- If you require hospitalisation, the Government will cover your hospitals costs (if any).

**DURING AND AFTER SUPERVISED QUARANTINE**

**What if I feel unwell?**

- Contact the Niue Foou Hospital on 4100 if you begin to feel unwell.
- The symptoms of COVID-19 may include a new or worsening cough, sore throat, shortness of breath, coryza (head cold e.g. runny nose, sneezing, post-nasal drip), anosmia (loss of sense of smell).
- Some may experience symptoms such as only: fever, diarrhoea, headache, myalgia, nausea/vomiting, or confusion/irritability.

**How can I contact emergency services?**

- You can call emergency services on 999 if you have a health, police or fire emergency.
- If you need to call emergency services, please let them know you are currently in home quarantine in Niue.
- Persons under quarantine must follow the directions given.

**How can I contact social welfare services?**

- For all social welfare queries, call the Community Services Division on 4019, 8am - 4pm Monday – Thursday or email: Charlene.Tukiua@mail.gov.nu