

MANAGING COVID-19 AT HOME

Based on NICD recommendations available at <https://www.nicd.ac.za/diseases-a-z-index/covid-19/advice-for-the-public/>

SYMPTOMS OF COVID-19

**New cough • Shortness of breath
Sore throat • Loss of smell • Loss of taste
Others including fever, weakness,
muscle aches or diarrhoea**

WHAT IS A CLOSE CONTACT?

FACE-TO-FACE CONTACT (WITHOUT MASKS)
WITH A KNOWN POSITIVE PERSON
WITHIN LESS THAN 1 METRE SPACE IN A CONFINED SPACE
FOR MORE THAN 15 MINUTES

Concerning contact is when the person was infectious, usually 2 days before to 14 days after their symptoms first began.

Examples can include:

- Living in the same household
- Working closely in the same environment
- Sitting in the same classroom
- Attending the same gathering
- Provided direct care without using the proper PPE
- Sitting within two seats (1 metre) in any direction in any kind of vehicle including buses, minibus taxis, etc.
- Crew member on an aircraft in the section where a positive person was seated

WHAT DO I DO IF I AM A CLOSE CONTACT?

- Enter quarantine for 10 days from date of last exposure to the positive person
- You do NOT need to test if you remain asymptomatic
- Essential services workers can test on Day 5 after exposure and if negative, return earlier to work
- It is recommended that you inform your employer of your quarantine
- Do's and Don'ts of quarantine are the same as for a positive person
- If you develop any symptoms, seek medical care early for further management

WHAT DO I DO IF MY TEST IS POSITIVE?

- You MUST self-isolate for 10 days from the day your symptoms started
- It is recommended that you inform your employer and your close contacts of your result

DO

- Try to stay in a well-ventilated room separate to the rest of your household
- Limit contact with pets
- Try to use a separate bathroom, or if sharing clean and sanitize after every use
- Decontaminate and sanitize surfaces often
- Stay at least 2m away from the rest of your household and always wear a disposable face mask
- Practice cough/sneeze hygiene
- Wash your hands and sanitize often
- Keep in touch with friends and family by phone and video calls
- Monitor your symptoms closely
- Continue to take your chronic medication as normal

DON'T

- Do NOT go to work, school, or any public areas
- Do NOT go shopping. Try to organize online deliveries or ask a family member or friend to go shopping for you
- Do NOT use any form of public transport
- Do NOT exercise until your symptoms have completely resolved
- Do NOT have any visitors
- Do NOT leave your house unless you need medical care

WHAT DO I DO IF MY TEST IS NEGATIVE?

- If you had close contact with a known positive person, continue your quarantine of 10 days from last exposure
- If you did not have the above, you can return to work and usual activity as your symptoms allow
- Consider that you may be in the early stages of disease and may have a false-negative result, especially if you had no symptoms at testing

**CONTINUE TO WASH YOUR HANDS, SANITIZE,
PRACTISE SOCIAL DISTANCING AND
WEAR A FACE MASK IN PUBLIC**

IF I TESTED POSITIVE, WHEN CAN I RETURN TO WORK/USUAL ACTIVITY i.e. WHEN CAN I DEISOLATE?

- If you have completed 10 days of quarantine/self-isolation at home

AND

- You have had no fever in 72 hours (without using medications to reduce it) and your symptoms are improving

DO I NEED TO RETEST?

Repeat testing is NOT needed and is NOT recommended, provided quarantine/self-isolation was strictly adhered to

SEEK URGENT MEDICAL ATTENTION FOR:

**Trouble breathing
Chest pain/pressure that does not go away
Coughing up blood
Becoming confused
Severe sleepiness
Blue lips or face**



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