

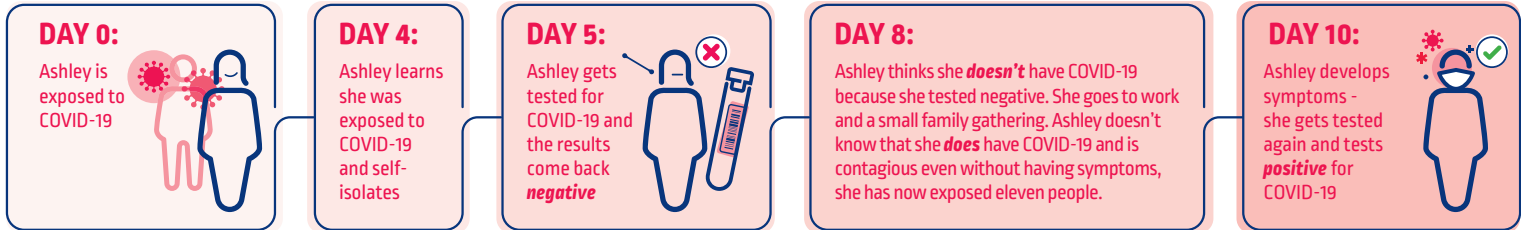
MANAGING COVID-19 AT HOME



NEX+ PATHOLOGY

Based on NICD recommendations available at <https://www.nicd.ac.za/diseases-a-z-index/covid-19/advice-for-the-public> | Updated: 14.01.2021

COVID-19 INCUBATION TIMELINE - UP TO 14 DAYS

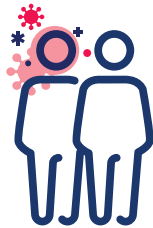


SYMPTOMS OF COVID-19

- New cough
- Shortness of breath
- Sore throat
- Loss of smell
- Loss of taste
- Headaches
- 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 1m APART IN A CONFINED SPACE FOR MORE THAN 15 MINUTES



Concerning contact is when the person was infectious, usually 2 days before to 10 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

WHAT DO I DO IF I AM A CLOSE CONTACT?

- Enter quarantine for 10 days from date of last exposure to the positive person
- If you develop symptoms after you have tested negative, please go for a repeat test as the first test may have been a false negative. This can happen if you tested too early in the disease process
- 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: QUARANTINE

- 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 sanitise after every use
- Decontaminate and sanitise 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 sanitise 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
- Notify the COVID App.

DO NOT: GO ANYWHERE

- 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 attention

SEEK URGENT MEDICAL ATTENTION FOR:

- Trouble breathing
- Persisting chest pain or pressure
- Coughing up blood
- Becoming confused
- Severe sleepiness
- Blue lips or face



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 develop symptoms after you have tested negative, please go for a repeat test as the first test may have been a false negative. This can happen if you tested too early in the disease process

CONTINUE TO WASH YOUR HANDS, SANITISE, 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 are symptom free
- if you still have symptoms after 10 days of quarantine, you must remain in quarantine until you are symptom free for 48 hours continuously

DO I NEED TO RETEST IF I TESTED POSITIVE?

Repeat testing is NOT needed after 10 days of quarantine and is NOT recommended, **provided quarantine/self-isolation was strictly adhered to.**

