

MANAGING COVID-19 AT HOME

COVID-19 INCUBATION TIMELINE - UP TO 14 DAYS



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

DAY 0:
Ashley is exposed to COVID-19.



DAY 4:
Ashley learns she was exposed to COVID-19 and self-isolation.

DAY 5:
Ashley gets tested again for COVID-19 and the results come back **negative**.



DAY 8:
Ashley thinks she **doesn't** have COVID-19 because she tested negative. She goes to work and a small family gathering. Ashley **doesn't** know that she **does** have COVID-19 and is contagious even without having symptoms, she has now exposed eleven people.

DAY 10:
Ashley develops symptoms- she gets tested again and tests **positive** for COVID-19.

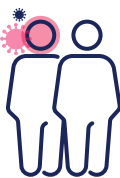


SYMPTOMS OF COVID-19

- New cough
- Shortness of breath
- Sore throat
- Loss of smell
- Loss of taste
- Others including fever, weakness, muscle aches or diarrhea

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.



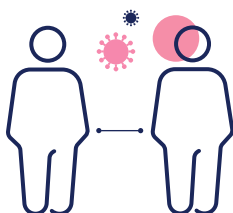
Concerning contact is when the person was infectious, usually 2 days before to 10 days after their symptoms first began.

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 (1m) 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?

- You do not need to quarantine if you do not have any symptoms.
- You do not need to test if you do not have any symptoms.
- If you develop any symptoms, you should get tested and quarantine until your result is known.



WHAT DO I DO IF MY TEST IS POSITIVE?



- **YOU MUST SELF-ISOLATE FOR 7 DAYS FROM THE DAY YOUR SYMPTOMS STARTED.**
- **IF YOU DO NOT HAVE ANY SYMPTOMS BUT YOUR TEST IS POSITIVE, YOU DO NOT NEED TO ISOLATE BUT SHOULD MONITOR YOURSELF CLOSELY FOR DEVELOPMENT OF SYMPTOMS.**
- **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 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.

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 have no symptoms, you can return to work and usual activity but should carefully monitor yourself in case symptoms develop.
- If you have symptoms you may have the common cold and can retest for COVID-19 in 3 days. You can return to work and usual activity as your health allows.
- 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, PRACTICE 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 7 days of quarantine/ self-isolation at home, AND, you are symptom free.
- If you still have symptoms after 7 days of quarantine, you must remain in quarantine until you are symptoms free for 48 hours continuously.

DO I NEED TO RETEST IF I TESTED POSITIVE?

Repeat testing is NOT needed after 7 days of quarantine and is NOT recommended, **provided quarantine/self-isolation was strictly adhered to.**



The tests that Next Pathology uses are registered and approved by the South African Health Products Regulatory Authority for diagnostic use and is licensed by the SA Department of Health specifically for the diagnostic testing of SARS COV-2.