

Do you suspect that you have been exposed to COVID-19?

HAVE YOU TRAVELLED TO A HIGH RISK AREA?

YES

Have you been experiencing the following?

- Sore throat
- Coughing
- Feeling unwell
- Fever above 38°C
- Difficulty breathing (go to your nearest emergency unit immediately)
- Possible gastro-intestinal symptoms include:
 - Nausea
 - Vomiting
 - Diarrhea

It is possible that gastro-intestinal symptoms can occur before respiratory symptoms.

Please note that it may take up to 14 days to develop these signs and symptoms.

NO

Have you been in close contact with someone who has been diagnosed with COVID-19 or travelled to a high risk country?

YES

NO

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As expected from all citizens, implement the following:

- Observe social distancing and avoid close contact
- Implement frequent and strict hand hygiene and decontamination
- Restrict travel where possible or as per the government guidelines
- Cancel or avoid large gatherings
- Avoid social facilities

YES, I HAVE THESE SIGNS

Contact your healthcare provider:

- Phone your general practitioner
- Visit your nearest emergency department and phone them ahead to inform them of your signs and symptoms
- Phone the National Institute for Communicable Diseases (NICD) or the Coronavirus SA hotline 0800 029 999

If you need to get tested, visit the following websites for more information:

- [Pathcare](#)
- [Ampath](#)
- [Lancet](#)
- [Vermaak and Partners](#)

Implement self-isolation:

- stay at home
- monitor yourself daily
- do not participate in any public activities

[If you need to self-isolate, here are some tips.](#)

NO, I DON'T HAVE THESE SIGNS

Implement self-isolation:

- stay at home
- monitor yourself daily
- do not participate in any public activities.

Should you develop any of these signs or symptoms

What can I do to prevent the spread of infection? [Click here to view how to reduce the general risk of spreading COVID-19.](#)

[For more information on frequently asked questions click here.](#)

COVID-19 (Coronavirus) General Information

What are the signs and symptoms?

Reported symptoms include:

- Fever – 38°C or higher
- Dry cough
- Trouble breathing
- Sore throat

How is COVID-19 diagnosed?

- COVID-19 is diagnosed by a laboratory test, polymerase chain reaction (PCR) molecular test, on a respiratory tract sample
- Samples are collected from the nose and throat. A blood sample may be taken.
- **PLEASE NOTE:** Only patients who have symptoms and have recently travelled across borders or have been in contact with an infected person will be tested.



FEVER



SORE THROAT



SHORTNESS OF BREATH



COUGH

How to reduce the general risk of spreading acute respiratory infections like COVID-19 and other viruses such as seasonal influenza



Cover your cough or sneeze with a flexed elbow or tissues. Throw the tissues in a bin. Do not cover your cough or sneeze with your hands or cough or sneeze in to open air.



Avoid close contact with people who are sick.



Maintain a distance of at least 1 to 2 metres when interacting with other persons.



Avoid touching your eyes, nose and mouth with your hands.



Wash your hands often with soap and warm water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser.



Stay home when you are sick and try to keep your distance from others.

Source: Department of Health; National Institute of Communicable Diseases

Waiting for test results

SELF-ISOLATION AT HOME

While awaiting test results for COVID-19; and you have been assessed as being medically well enough to be managed at home – please consider yourself as potentially infectious until the final results are available.

You will need to abide by the following:

- You should quarantine yourself at home. Don't go to work, avoid leaving your home, and as far as possible avoid close interactions with other people.
- You should clean your hands with soap and water frequently. Alcohol-based sanitisers may also be used, provided they contain at least 60% alcohol.
- Do not have visitors in your home. Only those who live in your home should be allowed to stay. If it is urgent to speak to someone who is not a member of your household, do this over the phone.
- You should wear a facemask when in the same room (or vehicle) as other people.
- At home, you should stay in a specific room and use your own bathroom (if possible). If you live in shared accommodation with a communal kitchen, bathroom(s) and living area, you should stay in your room with the door closed, only coming out when necessary, wearing a facemask if one has been issued to you. Keep your windows open to allow adequate ventilation.
- You should practice good cough and sneeze hygiene by coughing or sneezing into a tissue, discarding the tissue immediately afterwards in a lined trash can, and then wash your hands immediately. Alternatively you can cough into your flexed elbow.
- If you need to wash the laundry at home before the results are available, then wash all laundry at the highest temperature compatible with the fabric using laundry detergent. This should be above 60°C. If possible, tumble dry and iron using the highest setting compatible with the fabric. Wear disposable gloves and a plastic apron when handling soiled materials if possible and clean all surfaces and the area around the washing machine. Do not take laundry to a laundrette. Wash your hands thoroughly with soap and water after handling dirty laundry (remove gloves first if used).
- You should avoid sharing household items like dishes, cups, eating utensils and towels. After using any of these, the items should be thoroughly washed with soap and water.
- All high-touch surfaces like table tops, counters, toilets, phones, computers, etc. that you may have touched should be appropriately and frequently cleaned.
- Monitor your symptoms – seek prompt medical attention if your illness is worsening, for example, if you have difficulty breathing, or if the person you are caring for symptoms are worsening. If it's not a medical emergency, call your doctor or healthcare facility. If it is an emergency and you need to call an ambulance, inform the call handler or operator that you are being tested for SARS-CoV-2 (Covid-19).

While awaiting the results, if your symptoms worsen:

Phone your healthcare provider to inform them of your changed symptoms and that you are still awaiting test results.

In case of severe fever or respiratory distress – please go to your nearest emergency unit or phone an emergency medical service. For assistance from Life Emergency Medical Services – call **0860 123 367**. If you are going directly to the unit – call ahead to let them know that you are coming to the unit and that you are awaiting your test results for COVID-19. Take the necessary precautions such as covering your cough.

Source: Department of Health; National Institute for Communicable Diseases

COVID-19 (Coronavirus)

FREQUENTLY ASKED QUESTIONS

Q What is coronavirus (COVID-19)?

A Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

Q Does the coronavirus spread from person to person?

A The virus can spread from one person to another, mainly through droplets of saliva or mucus carried through the air for up to 1 metre or so when an infected person coughs or sneezes. Viral particles may be breathed in, land on surfaces that people touch, or be transferred when shaking hands or sharing a drink with someone who has the virus.

Q What is the incubation period for the coronavirus?

A An incubation period is the time between being infected by a virus and showing symptoms of the illness. Current information suggests that symptoms of COVID-19 usually appear on average after five days from infection. However, the incubation period may be as short as two days or as long as 14 days before the infected person shows symptoms.

Q What are the symptoms of the new coronavirus?

A General symptoms:

- Fever
- Dry cough
- Trouble breathing
- Sore throat

It is possible that gastrointestinal symptoms (nausea, vomiting, or diarrhea) can occur before respiratory symptoms occur. However, it is primarily a respiratory virus.

Those who have the virus may have no obvious symptoms (be asymptomatic) or symptoms ranging from mild to severe. In some cases, the virus can cause pneumonia and be potentially life-threatening.

PLEASE NOTE: Most people who get sick will recover from COVID-19 – 80% of positive patients will have mild symptoms which are flu-like and will not require hospitalisation. Recovery time varies and, for people who are not severely ill, may be similar to a general flu-like episode. People with mild symptoms may recover within a few days. People who have pneumonia may take longer to recover (days to weeks). In cases of severe, life-threatening illness, it may take months for a person to recover. People who are already severely ill and contract the virus have the highest risk of being fatally affected.