COVID-19 TESTING
The correct process for getting tested for COVID-19

PLEASE FOLLOW THE STEPS OUTLINED BELOW IF:

- **You have acute respiratory illness with a sudden onset of at least one of the following symptoms: cough, sore throat, shortness of breath, fever of 38°C or higher, body aches, chills, loss of smell or taste, nausea, vomiting, diarrhea, fatigue or weakness**

OR

- **If you have a respiratory illness and have been in close contact with a person who tested positive for COVID-19; travelled to areas with local transmission of COVID-19; OR worked in or visited a healthcare facility where COVID-19 positive patients are treated**

1 Get a healthcare practitioner referral or recommendation from the National Institute for Communicable Diseases (NICD)

2 The pathology testing form will be provided to you

3 Go to the designated laboratory indicated by your healthcare practitioner or NICD

4 The results will be communicated to you by your healthcare practitioner or NICD

5 Observe the necessary precautions:

- **Self-isolation** – if you are indicated by your healthcare practitioner to do so
- **Social distancing** – keep at least 2 metres between yourself and other people, avoid direct contact
- **Observe hand hygiene**
- **Cover your cough and sneeze** with your flexed elbow or tissue
- **Avoid** touching your eyes, nose and mouth with unwashed hands
- **Clean and disinfect** frequently touched objects and surfaces
- **Wear a face mask** as per current legislation
- More information about the above can be accessed at **www.lifehealthcare.co.za**

**For more information: NICD WhatsApp support line –
0600 123 456 OR the NICD 24-hour hotline – 0800 029 999 / 0800 111 132**

www.lifehealthcare.co.za

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