

Quarantine: No symptoms, but I've had close contact with someone who has Covid-19.

Isolation: I am unwell with suspected or confirmed Covid-19.

WHAT TO DO?



Stay home, except to get medical care

Leave your home only when absolutely necessary. Monitor symptoms and watch for warning signs, especially between days 5 and 7.



Avoid contact with other people

as much as possible. Do not receive visitors. If living with others, stay in a specific room and, if possible, use a separate bathroom. Open windows and doors for good ventilation. If you are in a room with other people, keep a safe distance of at least 1-2 m.



Clean and disinfect

frequently touched objects and surfaces. Wash hands often and avoid touching your eyes, nose or mouth.



Don't share

dishes, drinking glasses, cups, eating utensils, towels, or bedding. After using these, wash them well.



If you have or develop symptoms of Covid-19, **wear a face mask** when in contact with others.

IMPORTANT:

- If symptoms are no better after 7 days, contact your health practitioner, health care facility or the Provincial Covid-19 hotline at 021 928 4102 or National hotline at 0800 029 999
- If you have shortness of breath, persistent chest pain or pressure, confusion or worsening drowsiness, seek help urgently.
- If needed, call an ambulance.



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