# **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.

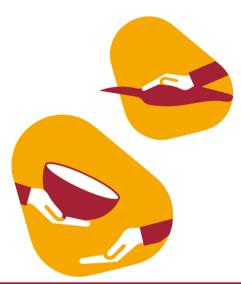
# WHAT TO DO?



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.



Wash your hands. Keep your distance.

Making progress possible. Together.