

CORONAVIRUS

WHAT TO DO IF YOU FEEL SICK OR CONTRACT CORONAVIRUS (COVID-19)



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STAY HOME EXCEPT TO GET MEDICAL CARE

CONTACT YOUR LINE MANAGER: If you stay at home due to feeling sick or showing symptoms related to Coronavirus.

AVOID PUBLIC TRANSPORTATION: Avoid using public transportation, ride-sharing, or taxis if possible.

SEPARATE YOURSELF FROM OTHER PEOPLE IN YOUR HOME

HOME ISOLATION: Stay in an isolated room in your home and avoid contact with others.



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CALL AHEAD BEFORE VISITING YOUR DOCTOR

CALL AHEAD: Before your medical appointment, call the doctor's office and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

CALL HOTLINE: Call the coronavirus hotline if you suspect you have the virus and need assistance from a medical practitioner (0800 029 999) and remember you need to isolate yourself first.

WEAR A FACEMASK IF YOU ARE SICK

IF YOU ARE SICK: You should wear a facemask when you are around other people and before you enter a healthcare provider's office.

IF YOU ARE CARING FOR OTHERS: If the person who is sick is not able to wear a facemask then caregivers who enter the room of the sick person should wear a facemask. Visitors, other than caregivers, are not recommended.



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AVOID SHARING PERSONAL HOUSEHOLD ITEMS

DO NOT SHARE: Dishes, drinking glasses, cups, eating utensils or towels with other people in your home.

WASH THOROUGHLY AFTER USE: After using these items, wash them thoroughly with soap and water or put in the dishwasher.

HOW TO DISCONTINUE HOME ISOLATION

TO DETERMINE IF YOU ARE STILL CONTAGIOUS, YOU CAN LEAVE HOME AFTER THESE THINGS HAVE HAPPENED: You no longer have a fever (without the use of medicine that reduces fevers)

AND

Other symptoms have improved (for example, when your cough or shortness of breath have improved)

AND

You have received two negative tests in a row, 24 hours apart and your doctor has cleared you.



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This poster has been developed for educational purposes and is correct at the time of publication. It is not a substitute of professional medical advice. Should you have any questions or concerns refer to: www.nicd.ac.za