

# CORONAVIRUS

## ISOLATION GUIDELINES

### These guidelines apply to:

- Tsebo staff who have tested positive for COVID-19; and/or
- Tsebo staff who have come into contact with someone who may have tested positive, or who has tested positive for COVID-19.

***You are expected to follow the guidelines below. COVID-19 is a notifiable disease and anyone who fails to self-isolate or go into quarantine will face criminal as well as disciplinary charges.***

### Guidelines for Self-Isolation:

- **Stay at home.** Only go out if you need medical care.
- If you have tested positive, or come into contact with a person who tested positive, remain in isolation until the end of your isolation period. Even if you feel better, do not go out of isolation until the end of your isolation period.
- Do not go to work or visit public places like malls or grocery stores.
- Avoid using public transportation.
- Keep a distance of one-and-a-half to two metres from family members.

### Further Guidelines:

- Monitor symptoms such as fever, cough, sore throat, shortness of breath, body pains, diarrhoea, loss of taste and headaches.
- Should you develop symptoms, inform your manager.
- If you are sharing a bathroom, clean the entire washroom with soap and disinfect with one-part bleach and four-parts water after every use.
- Have family or friends do grocery shopping for you and drop it off outside your door, or use online deliveries if possible.
- Keep clothes and bed linen clean, wash frequently with soap and water and iron after washing.
- If you live with other people, try to create a 'sick room' where you can isolate or if this is not possible, create an area at least two to three metres away from others.
- Keep the area ventilated if possible. If a fan is available, point it towards one window and keep another window open to help increase the air exchange in the room.
- If you cannot isolate at home, contact your regional HR Department who may refer you to a community-based isolation facility.

### Guidelines for Social Distancing:

- Avoid public spaces such as malls, the workplace, social events as well as recreational areas where people usually gather.
- Avoid handshakes, hugs and other forms of direct contact.
- Keep a distance of at least one-and-a-half to two metres from others.
- Wear a mask at all times. Do not leave your place of isolation until the end of your isolation period, then continue to wear your mask.
- Wash hands regularly with soap and water for at least 20 seconds.
- Clean and disinfect shoes prior to entering your home.

***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](http://www.nicd.ac.za)***