

COVID-19

Caring for your family at home



Use this information if you:

- Test positive for COVID-19 *or*
- Have COVID-19 symptoms *or*
- Have COVID-19 symptoms and are waiting for test results *or*
- Had close contact with someone with COVID-19.

- COVID-19 spreads mainly when we breathe in small droplets produced when someone with COVID-19 breathes, coughs, sneezes, sings, talks or shouts.
- These droplets also land on surfaces and objects. Sometimes we can catch COVID-19 if we touch those surfaces and then touch our eyes, nose or mouth.

What you need to do now is to look out for symptoms of severe COVID-19, keep separate from the public and protect those at risk of severe COVID-19.

Look out for COVID-19 symptoms

- You may have a cough, sore throat, loss of the sense of taste or smell, or a fever; in children, there may also be vomiting or diarrhoea. Contact your healthcare provider or phone the Provincial COVID-19 Hotline.
- Seek help urgently if **you** have difficulty breathing, chest pains or pressure that won't go away, confusion or have difficulty waking up.
- Seek help urgently if **your child** has fast breathing, can't wake up completely, has a fit, won't drink anything or vomits everything.
- Call ahead. Avoid public transport. Use your own transport or if this is not possible, call an ambulance.



Don't panic!

- Most people with COVID-19 have mild symptoms or no symptoms at all and can be treated safely at home.
- Children are unlikely to become severely ill from COVID-19.
- Adults over 55 years or with a chronic condition are more likely to get severe COVID-19.



STAY SAFE

MOVE FORWARD



Keep separate from the public and from those at risk of severe COVID-19.

- Stay home. Do not go out or have visitors.
- Arrange with friends and family to drop groceries, meals and medicines at the door.



Try to separate those with COVID-19 symptoms or who tested COVID-19 positive from everyone else at home, especially those at risk of severe COVID-19. If needed, children should stay with their main caregiver.

Stay in a separate room.

If you have to share a room, don't share a bed.



Use shared spaces alone after everyone else has finished.



Keep at least 1,5 metres apart from others and wear a mask.



Try to keep shared items and spaces clean and separate

Use a bleach solution to disinfect items and surfaces that are touched often.



Have separate eating utensils, bedding and towels.



Wash used items in hot water. Heat helps disinfect items.



Practise good hygiene

- Wear a mask if in contact with others. Children under two years should not wear a mask.
- Open doors and windows for fresh air.
- Cough or sneeze into your elbow or a tissue. Throw the tissue safely in a bin.
- Wash your hands often.



Keep separate from others for 10 days

- If you have symptoms: stop separation 10 days after your symptoms started.
- If you have no symptoms, stop separation 10 days after your last contact with someone with COVID-19 or 10 days after you had a COVID-19 test.
- Discuss with a healthcare provider when to stop if your test was negative or if you are unwell at 10 days.

Western Cape COVID-19 Hotline:
080 928 4102 (tollfree)

WhatsApp: "Hi" to
0600 123 456



Western Cape
Government

STAY SAFE
**MOVE
FORWARD**