Returning to work after COVID-19

A person who has had COVID-19 can recover completely and can return to work safely without infecting others.

Complete your isolation period

If **mild illness** (not admitted to hospital), isolate for 10 days from the date your symptoms started.

If **moderate or severe illness** (admitted to hospital), isolate for 10 days from the date oxygen was stopped or your condition became stable. Your doctor will advise on this.

If you **did not have symptoms** but tested positive for COVID-19, isolate for 10 days from the date the test was done.

When is it safe to return to work?

- If **mild illness**:
  - You may return to work if you have completed your isolation period, you no longer have a fever and your other symptoms are improving.
  - If you have completed your isolation period but still have a fever or your other symptoms have not improved, contact your health facility or the Provincial Hotline for advice.
  - There is no need to retest for COVID-19 before returning to work.
- If **moderate or severe illness**, you may return to work if you have completed your isolation period and your health provider has confirmed that you are fit to return to work.
- If you **did not have symptoms**, you may return to work if you have completed your isolation period.
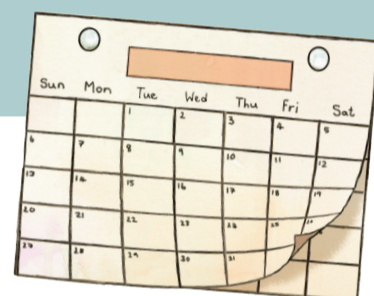
When returning to work

- Even after recovering from COVID-19, it is still important to continue to wear a mask when leaving home and to follow the 5 Golden Rules of Good Hygiene.
- If your symptoms return or worsen, stay home, inform your supervisor and contact your health facility or the Provincial Hotline for advice.

1,5 metres
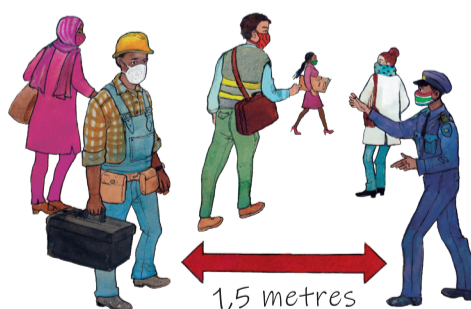
5 Golden Rules
1. Wash hands
2. Don't touch face
3. Keep 1,5m apart
4. Cover your cough
5. Sick? Stay home
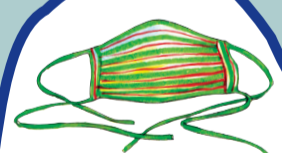
Always wear a mask

Western Cape Government COVID-19 Hotline **021 928 4102** or **080 928 4102** (tollfree)

Western Cape Government

STAY SAFE. SAVE LIVES.