

COVID-19

Caring at home

Please don't panic. Most people with COVID-19 have mild-moderate symptoms and can be safely treated at home. People with severe symptoms or who can't safely isolate at home will be referred to a facility.

- This information applies to:
 - A person with confirmed COVID-19
 - A person awaiting test results
 - A person who has been identified as a close contact with someone with COVID-19.
- Move these people to separate rooms or sections of a home. They should have no contact with others in the home.
- Homes with more than one person needing to be separated need to house people separately. If this is not possible contact your healthcare provider or Provincial Hotline.
- If the results are negative they can move around freely.
- If the results are positive the person needs to be separated from the rest of the household for 14 days. This also applies to contacts.
- Do not leave the home. Arrange with friends and your community to drop groceries, meals and medicines at the door. If not possible, then a healthy caregiver may leave the home for essential trips only, using the **5 Golden Rules of Good Hygiene** and a mask.



Home care is only recommended if you:

- Have mild-moderate symptoms
- Have a separate room
- Have someone to care for you
- Can easily stay in touch with your healthcare provider

5 Golden Rules

1. Wash hands
2. Don't touch face
3. Keep apart
4. Cover your cough
5. Sick? Stay home

Seek healthcare urgently if anyone develops:

- Difficulty breathing
- Persistent pain or pressure in the chest
- Confusion or unable to wake

Call ahead. Avoid public transport. If necessary use an ambulance.



- 24 HOURS National Hotline: 0800 029 999
- 24 HOURS Provincial Hotline: 021 928 4102
- 24 HOURS National WhatsApp: 0600 123 456



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Home care advice

Everyone

Wash your hands often for at least 20 seconds with soap and water.



Look after your mental health. Stay in touch with family and friends via phone.

Cough or sneeze into a tissue or your elbow. Throw away the tissue into a closed bin.



Caregiver

Clean frequently touched objects and surfaces.



Leave food for person separated because of COVID-19 at the door. Ask about symptoms regularly. Remove waste and dirty laundry.



Use dedicated items like dishes, towels and bedding for the ill person. Wash used items in hot water. Heat helps disinfect items. Where available, use hot machine cycles (60–100 degrees), tumble-drying and ironing.

‘Double-bag’ rubbish and store for 5 days before putting out for collection.



Caregivers and others should monitor themselves for symptoms.

- Symptoms include cough, fever, aching muscles, sore throat and difficulty breathing.
- If any symptoms develop, contact your healthcare provider or phone the Provincial Hotline.

Person separated because of COVID-19

Rest, drink plenty of fluids, eat healthy food and use paracetamol for fever or pain.



Stay in a separate room and use a separate bathroom if possible. Open doors and windows. If well enough, make your bed, and set aside rubbish and dirty laundry.



Wear a mask as advised by a healthcare provider.

Document your symptoms (difficulty breathing, chest pain, diarrhoea) and temperature twice a day.



If symptoms worsen or persist beyond 7 days, contact your healthcare provider or Provincial Hotline.

Only stop separation in consultation with your healthcare provider or Provincial Hotline.



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