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.

Use this information if you:
• Have tested positive for COVID-19
• Have COVID-19 symptoms and don’t qualify for a test
• Have COVID-19 symptoms and are waiting for test results
• Had close contact with someone with COVID-19.

Take care to separate yourself from the public and others at home to prevent spreading coronavirus

Move to a separate room or section of your home.
• Have no contact with others at home.
• It is especially important to avoid contact with those at risk of severe COVID-19: those over 55 years or with a chronic condition, especially diabetes.

Do not leave 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.

Seek healthcare urgently if anyone develops:
• Difficulty breathing
• Chest pain or pressure that won’t go away
• Confusion or unable to wake

Call ahead. Avoid public transport. Use own transport or if not possible, call an ambulance.

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

National WhatsApp 0600 123 456

Stay Safe. Save Lives.
Home care advice

**Everyone**
- Wash your hands often for at least 20 seconds with soap and water.
- Cough or sneeze into a tissue or your elbow. Throw away the tissue into a closed bin.
- Look after your mental health. Stay in touch with family and friends via phone.

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

**Person separated because of COVID-19**
- Stay in a separate room and use a separate bathroom if possible. Open doors and windows.
- Rest, drink plenty of fluids and eat healthy food. Use paracetamol for fever or pain.
- Wear a mask if you come into contact with others.
- Write down your symptoms and temperature twice a day. If symptoms worsen or continue after 7 days, contact your healthcare provider or Provincial Hotline.

**Caregivers and others should monitor themselves for symptoms.**
- Symptoms include cough, difficulty breathing, sore throat, loss of sense of taste or smell, or fever.
- If any symptoms develop, contact your healthcare provider or phone the Provincial Hotline.

**STAY SAFE. SAVE LIVES.**