

# Your loved one is in hospital with COVID-19

- When severe, COVID-19 commonly causes pneumonia, an infection of the lungs. It may also worsen existing chronic conditions, like diabetes or asthma.
- Your loved one may need to receive care in hospital if they have difficulty breathing, persistent pain or pressure in their chest or confusion.



## Keep calm

- Your loved one needs to be in hospital to receive care that will help them recover from COVID-19.
- In most cases, recovery with oxygen support is possible.

## Be prepared

- Ensure your loved one has everything they need for their hospital stay:
  - Chronic medication or a list of or a script for these
  - Warm clothes and socks
  - A blanket
  - Toiletries
  - Something to read
  - If possible, a cellphone and charger and adapter plug.
- Know where your loved one's important personal documents (identity, medical, legal, financial) are kept in case of an emergency.



## Get and give information

- Check which hospital your loved one will go to.
- Find out what the contact number is.
- Ensure the ambulance or hospital staff have your correct contact details, and a second number, if possible.





## Stay connected

- You will not be able to visit your loved one in hospital because of hospital regulations to prevent coronavirus from spreading.
- You can keep in touch by phone if your loved one has a cellphone.
- Or you can call the ward to check up on your loved one.
- Be patient with the staff. There are many patients with COVID-19 and this is a busy time for them.



## Quarantine all contacts

- All those who had close contact (face-to-face, less than 1 metre apart or for longer than 15 minutes) with your loved one should quarantine for 10 days from when you last had contact.
- It can take up to 10 days before you become ill with COVID-19.
- Even if you have not had a test, you may have coronavirus and you may pass it on, even before becoming ill.
- Should you or another family member develop symptoms of COVID-19, call your healthcare provider or the Provincial Hotline on 021 928 4102.



## Keep everyone informed

Keep all the members of your household, including children, updated about the health status of your loved one.



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



Western Cape  
Government

STAY SAFE

MOVE  
FORWARD