

**Do you have
COVID-19 symptoms?
Have you tested positive?**

**How to isolate
and quarantine**



**Western Cape
Government**

STAY SAFE. SAVE LIVES.

Many people are getting COVID-19, the flu-like illness caused by coronavirus.

If you have a cough, fever, sore throat or have lost your sense of smell or taste, you probably have COVID-19.

Most people with COVID-19 get it mildly and recover completely at home within 5–7 days.



If you have COVID-19 symptoms, you should seek healthcare and get a coronavirus test if:

- You are 55 years or older.
- You are an adult of any age with any of the following:
 - Diabetes
 - On TB treatment
 - HIV
 - Kidney disease
 - Hypertension
 - Previous TB
 - Chronic lung disease (e.g. asthma, emphysema, chronic bronchitis)
 - On cancer treatment.



- If you have COVID-19 symptoms, assume you have COVID-19, even if you have not had a COVID-19 test.
- If you are 55 years or older or have diabetes, call your healthcare provider or hotline to discuss your care.
- If you had a test and the result is negative, discuss with your healthcare provider or hotline what steps to take next.

**Contact your healthcare provider
or the COVID-19 hotline**

080 928 4102

(tollfree)

How to isolate and quarantine

1 Keep separate from others

2 Seek care early if needed

3 Look after your physical health

4 Look after your mental health

5 Get help if you need it

6 Know when it's safe to return to normal life

How to isolate and quarantine



**Keep separate
from others**

Do not leave home and separate yourself from others

- If you have COVID-19, you must isolate yourself: live separately from others to avoid spreading the virus.
- Stay at home in a separate room.
- Those at home need to quarantine from the public, separately from you, as they are your contacts and perhaps have COVID-19 too.



Consider staying elsewhere

- If you cannot stay separate from others at home, you may need to move to an isolation or quarantine facility to prevent the virus from spreading to others.
- This is especially important if you live with people who are at risk of severe COVID-19 – those over 55 years or who have chronic conditions, especially diabetes.



Avoid spreading coronavirus at home

Wash your hands often.



Disinfect surfaces
and objects you touch often
with bleach solution.

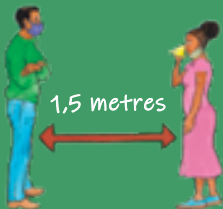
Use separate dishes,
towels and bedding.
Wash in hot soapy water.



Use shared spaces
alone and disinfect
them after use.

If you come into contact with others at home:

Wear masks.



Keep apart.

Open windows and doors.



Cough into your elbow.



Stay away from people at risk of severe COVID-19 – those over 55 years and those with chronic conditions (especially diabetes).

How to isolate and quarantine



Step 2

Seek care early
if needed

Visit a healthcare facility urgently if you have:

Difficulty breathing

Confusion

Chest pain or pressure that
won't go away

Cannot wake up completely

Sudden weakness of the arm,
the leg or side of the face

Sudden loss of speech or vision.



Call ahead. Avoid public transport.

If needed, call an ambulance.

Contact your healthcare provider or hotline if:



- You are older than 55 years or have diabetes.
- You need to arrange for your medication to be delivered to your home.
- Your COVID-19 symptoms worsen or last longer than 7 days.
- You are still unwell after 10 days. It's important to exclude other conditions such as TB and chronic lung diseases.

How to isolate and quarantine



Look after your
physical health

Manage your symptoms



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

Try to follow a healthy lifestyle



Eat a healthy diet.

Exercise at home every day.



Avoid smoking, alcohol, and drugs.

Look after your mental health.



Look after your chronic condition

- Take your medication correctly. If you've stopped it, restart it.
- Contact your healthcare facility:
 - if you have questions about your medication.
 - to arrange medication deliveries.
 - if you need help with managing your condition.



How to isolate and quarantine



Step 4

Look after your
mental health

It can be stressful to have COVID-19



Stay in touch with
family and friends.



Have a routine
for your day.



Get enough
sleep.



Speak to someone
you trust to share
your worries.

How to isolate and quarantine



Get help if you
need it

You need help to stay at home

- Ask others to do your groceries and errands so you can stay home.
- Arrange for your medication to be delivered to your home.
- Seek healthcare early if you are unwell.



How to isolate and quarantine



**Know when it's
safe to return to
normal life**

When to stop separation and return to normal life:

Ten days after your symptoms started if you had mild-moderate symptoms and isolated at home.



If you tested COVID-19 positive but never had symptoms, ten days after you had the test.

Fourteen days after you had close contact with someone with presumed or confirmed COVID-19.





**Western Cape
Government**

Western Cape Government COVID-19 Hotline

**021 928 4102 or
080 928 4102 (tollfree)**

National Hotline

0800 029 999

National WhatsApp

0600 123 456

**FOR MORE INFORMATION:
www.westerncape.gov.za**