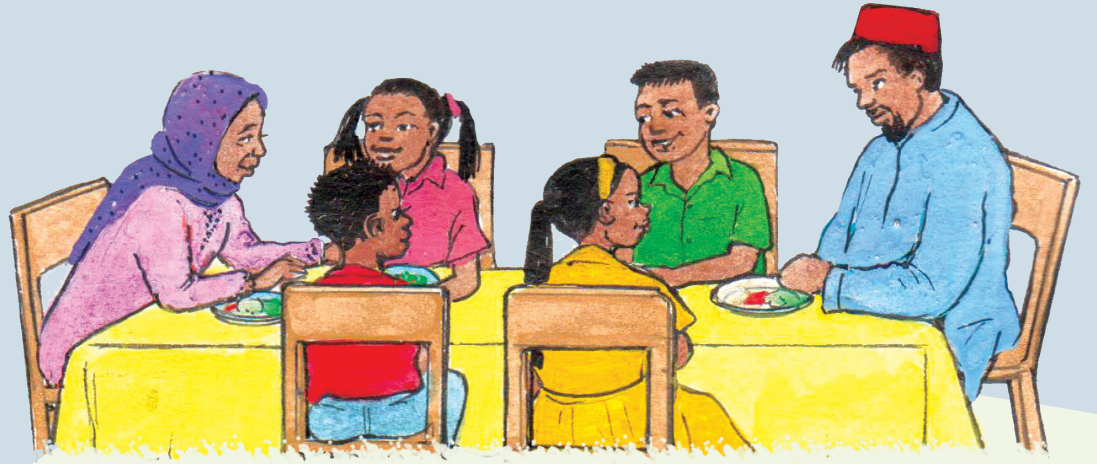


COVID-19

Caring for your family at home



Use this information if you:

- Test positive for COVID-19 or
- Have COVID-19 symptoms or
- Have COVID-19 symptoms and are waiting for test results or
- Had close contact with someone with COVID-19.

- COVID-19 spreads mainly when we breathe in small droplets produced when someone with COVID-19 breathes, coughs, sneezes, sings, talks or shouts.

What you need to do now is to look out for symptoms of severe COVID-19, keep separate from the public and protect those at risk of severe COVID-19.

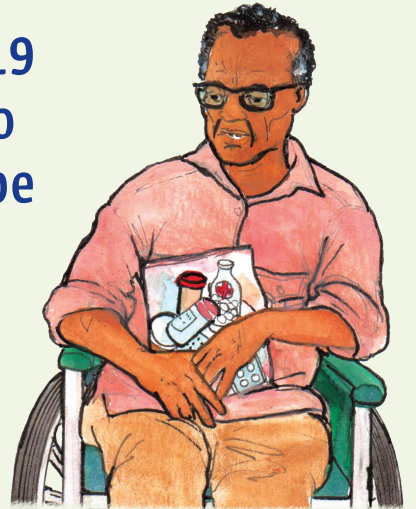
Look out for COVID-19 symptoms

- You may have a cough, sore throat, loss of your sense of smell or taste. The coronavirus delta variant may also cause headache, runny/blocked nose, sneezing and weakness/tiredness.
- Seek help urgently if **you** have difficulty breathing, chest pains or pressure that won't go away, confusion or have difficulty waking up.
- Seek help urgently if **your child** has fast breathing, can't wake up completely, has a fit, won't drink anything or vomits everything.
- Call ahead. Avoid public transport. Use your own transport or if this is not possible, call an ambulance.



Don't panic!

- Most people with COVID-19 have mild symptoms or no symptoms at all and can be treated safely at home.
- Children are unlikely to become severely ill from COVID-19.
- Adults over 55 years or with a chronic condition are more likely to get severe COVID-19.



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STAY SAFE
MOVE FORWARD

Keep separate from the public and from those at risk of severe COVID-19.

- Stay home. Do not go out or have visitors.
- Arrange with friends and family to drop groceries, meals and medicines at the door.



Keep apart from others at home. Avoid those at risk of severe COVID-19: over 55 years or with a chronic condition. If needed, children should stay with their main caregiver.

Stay in a separate room.

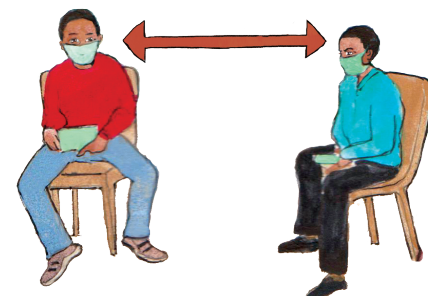
If you have to share a room, don't share a bed.



Use shared spaces alone after everyone else has finished.



Keep at least 1,5 metres apart from others and wear a mask.



Practise good hygiene



If you have to be in contact with others, make sure you all wear a mask. Children under two years should not wear a mask.



Open doors and windows for fresh air.



Cough or sneeze into your elbow or a tissue. Throw the tissue safely in a bin.



Wash your hands often.

Keep separate from others for 10 days

- If you have symptoms: stop separation 10 days after your symptoms started.
- If you have no symptoms, stop separation 10 days after your last contact with someone with COVID-19 or 10 days after you had a COVID-19 test.
- Discuss with a healthcare provider when to stop if your test was negative or if you are unwell at 10 days.

Western Cape call centre:
0860 142 142

WhatsApp: "Hi" to
0600 123 456



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