

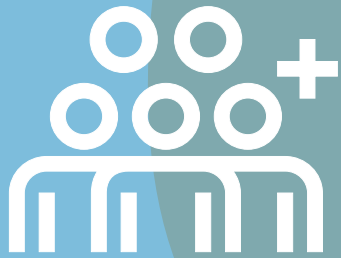
# WHEN AND HOW TO ISOLATE

## COVID POSITIVE/ AWAITING TEST RESULTS/ CLOSE CONTACT OF A POSITIVE PERSON

Coronavirus is highly infectious and spreads through small air droplets when in close contact with an infected person. It's important to isolate if you develop symptoms or are awaiting a test result.

### WHAT IS A CLOSE CONTACT ?

Someone you have been in contact with for more than 15 minutes, closer than 1.5 m, without wearing a mask. Download **CovidAlertSA app** to receive notifications if you were a close contact.



### WHAT YOU SHOULD DO

- Wear a mask whenever interacting with people, for the next 7 days from the date of the test.
- Avoid social gatherings (3 or more people) for 7 days from date of test.



### HOW LONG MUST YOU ISOLATE?

#### MILD SYMPTOMS/COVID-19

##### POSITIVE:

7 days after your symptoms started.

##### COVID-19 POSITIVE BUT NO SYMPTOMS:

You do not need to isolate.

##### CLOSE CONTACT WITH SOMEONE WITH SYMPTOMS OR CONFIRMED COVID-19:

You do not need to quarantine. If you develop symptoms, isolate for 7 days after your symptoms started.



### FOR MORE INFORMATION

**Western Cape Government  
Contact Centre** (toll free)

0860 142 142

**National Hotline** 0800 029 999

**WhatsApp** "Hi" to 0600 123 456

