Think you have COVID-19?

STAY SAFE
MOVE FORWARD

You may have COVID-19 if you develop any of:

- Cough
- Sore throat
- Loss of your sense of smell or taste.
- Shortness of breath or difficulty breathing
- The coronavirus delta variant may also cause headache, runny/ blocked nose, sneezing and weakness/tiredness.

We need to prioritise COVID tests for those who are at risk of severe COVID or likely to spread the virus:

You qualify for a COVID test if you have COVID symptoms *and*:
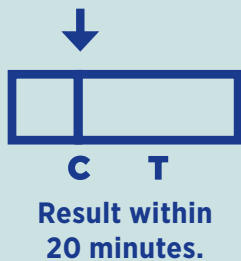
1. Are admitted to hospital.
2. Are over 45 years.
3. Have any of these conditions:
    - Diabetes
    - Obesity
    - Hypertension
    - HIV
    - Heart/lung/kidney disease
    - Cancer
    - Tuberculosis
4. You have been in close contact with a cluster of people with COVID-19.

Western Cape Government

Western Cape call centre: 0860 142 142
www.westerncape.gov.za

Contact your health facility or the Western Cape Call Centre:

0860 142 142 to discuss having a COVID-19 test.

There are 2 types of COVID tests (nose swabs)

Result within 20 minutes.

Antigen test:

- If it is positive, you have COVID-19.
- If it is negative, this result may be unreliable in the current 3rd wave scenario and so a PCR test will be done too. Continue to isolate until you receive your PCR test result.

Result can take 1-3 days.

PCR test:

- If it is positive, you have COVID-19.
- If it is negative and you still have symptoms, contact your health worker as you may still have COVID-19.

If you have had a previous positive test result for coronavirus, but you have new coronavirus symptoms, you only need to test if it's been 30 days or more since your first test.

If you have COVID symptoms but do not qualify for a COVID test:

The doctor or nurse will inform you if you probably have COVID-19 or not. If they inform you that you probably have COVID-19, then you should stay at home and stay separate from others in your home for 10 days from when your symptoms started. If you can't do that, then ask the doctor or nurse to refer you to stay in safe and comfortable accommodation. The doctor or nurse will provide you with a sick note.

Western Cape Government

Western Cape call centre: 0860 142 142

www.westerncape.gov.za