# 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.
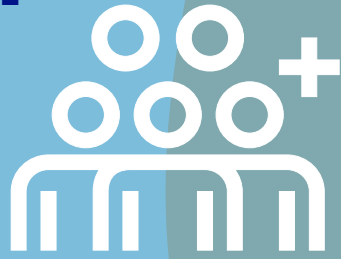
How long must you isolate?

Mild symptoms/COVID-19 positive: 10 days after your symptoms started.

COVID-19 positive but no symptoms: 10 days after you were tested.

Close contact with someone with symptoms or confirmed COVID-19: If you have no symptoms, 10 days after you had close contact. If you have symptoms, 10 days after symptoms started

WHAT YOU SHOULD DO

- Stay home or go to an isolation facility.
- Those with COVID-19 symptoms or who tested positive, must stay in a separate room from everyone else at home **OR** ask to use an isolation and quarantine facility.
- Do not leave your house or isolation facility until you completed your isolation period.
- Do not go out or have visitors.
- Ask friends to drop groceries, meals and medicines at the door or order online.

FOR MORE INFORMATION

Western Cape Government COVID-19 Hotline (tollfree) 021 928 4102 or 080 928 4102
National Hotline 0800 029 999
WhatsApp "Hi" to 0600 123 456

STAY SAFE
MOVE FORWARD