



What to do if you test positive for COVID-19



Stay calm and follow your healthcare practitioner's instructions. You may be called by a government official or the National Institute for Communicable Diseases (NICD). Please assist them.



Prepare a list and advise everyone you have been in close contact with in the last 2 days. They must self-quarantine at home for 14 days and monitor themselves for symptoms.



Stay at home for 14 days. Do not go out. Do not have any visitors in your home. If possible, buy food and other essentials online or ask a family member or friend who is not quarantining to buy them for you and drop them at your door.



If possible, stay in a separate room in your house and use a separate bathroom. Stay at least 2m from other people and pets in your house and wear a mask. Wash your hands regularly. Wipe all surfaces in your room and bathroom with sanitiser daily.



Inform Human Resources and/or your manager. If you are well and are able to work from home, you should do so. If you are unwell you should apply for sick leave.



14 days after you first developed symptoms or you were tested (not after you received the results) if you do not develop symptoms, you should be tested again. If you test negative you may end your home quarantine. If you are unable to be re-tested (e.g. if the laboratory will only test people with symptoms), you should be declared medically fit by a doctor before you can end your home quarantine.

Take care of yourself

Monitor your symptoms. If your symptoms worsen, you or a family member must call your doctor immediately. If you develop emergency warning signs, get medical attention immediately.

These include:

- Trouble breathing
- Chest pain or pressure in your chest that does not go away
- Coughing up blood
- Becoming confused
- Severe sleepiness
- Blue lips and/or face

Drink plenty of water and rest. If necessary, take over-the-counter medications for fever and/or pain.



FOR MORE INFORMATION

See the NICD website for up to date information (<https://www.nicd.ac.za/diseases-a-z-index/covid-19/advice-for-the-public/what-to-do-if-i-test-positive-for-coronavirus-disease-and-i-am-asked-to-home-isolate%e2%80%8b/>).



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integrity



respect



responsibility



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