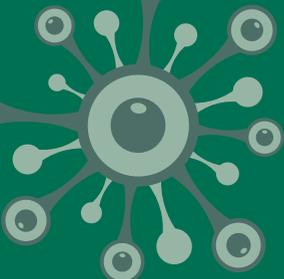
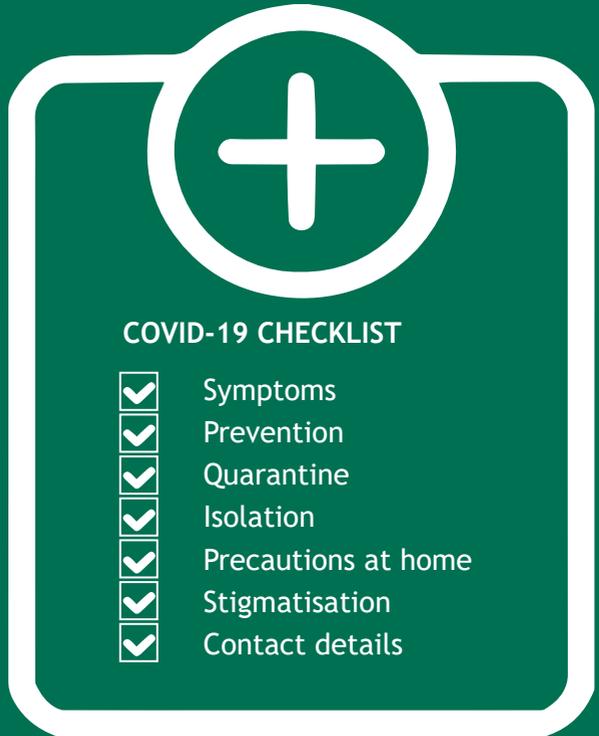


# COVID-19 GUIDELINES



## MANAGING COVID-19 AT HOME

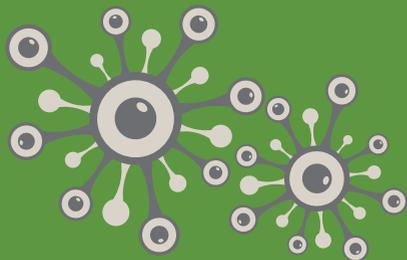


### COVID-19 CHECKLIST

- Symptoms
- Prevention
- Quarantine
- Isolation
- Precautions at home
- Stigmatisation
- Contact details



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# ABOUT THE CORONAVIRUS



## CAUSES

The virus is infectious and spreads from people who are infected to others through:



The air by coughing and sneezing



Close personal contact, such as touching or shaking hands



Touching an object or surface with the virus on it, and then touching your mouth, nose, or eyes before washing your hands with soap and water or using an alcohol-based sanitiser.



## WHO IS AT RISK?

Anyone who comes into contact with the virus can get it, BUT older people and those with underlying medical conditions like high blood pressure, heart problems, low immunity, asthma, diabetes, cancer, HIV or TB are more likely to develop serious illness.



## SYMPTOMS

The most common symptoms are:

■ Fever

■ Tiredness

■ Dry cough

■ Difficulty breathing

■ Some people may also have aches and pains, a blocked or runny nose, a sore throat or diarrhoea.

Symptoms can be very mild for some people, but can be far more deadly for others.

- Some people become infected but don't develop any symptoms or feel unwell
- Most people (about 80%) recover without needing special treatment
- Around 1 in every 6 people with the virus becomes seriously ill which could be fatal.

## WHAT SHOULD YOU DO?



It is important to consider the wellbeing of others. If you think you may have the virus and display symptoms of fever, cough and difficulty in breathing, you should:



Speak to your healthcare practitioner



Share your recent travel history



Avoid contact with others, especially large groups



Avoid travel



Notify your employer.



## PREVENTATIVE MEASURES



Avoid close contact with anyone who has fever or a cough

Avoid close contact with other people if you are coughing or have a fever



Cover your mouth and nose with your elbow or tissue when you cough or sneeze and throw the tissue into a dustbin

Only eat well-cooked food, especially meat and eggs



Never spit in public

Wear a face mask and do not touch your face, mouth, nose or eyes without washing your hands with soap and water



Know your HIV status and continue with your ARV and TB treatment

Regularly wash your hands thoroughly for 20 seconds with soap and water or use an alcohol-based sanitiser.





# QUARANTINE

## WHAT IS QUARANTINE USED FOR?

Quarantine is for people who are asymptomatic, but who may be infected with COVID-19.

It is used to keep these people away from others, so they do not unknowingly infect anyone.



## WHO SHOULD QUARANTINE?

Persons who were in close contact with a person infected with the coronavirus

Persons at high risk of having been exposed during travelling to other countries

Symptomatic persons who have been identified as requiring testing or who have tested, but are awaiting test results. These persons can be discharged if they test negative.



## WHY SHOULD YOU QUARANTINE?

- You might be COVID-19 positive
- You are a person-under-investigation (PUI).



## WHO IS A CLOSE CONTACT?

- A person that has had face-to-face contact (2 metres or less) with the now positive case
- A person that was in a closed environment with a COVID-19 positive case - this includes amongst others, all persons living in the same household or working closely in the same environment
- A person that travelled in the same vehicle, with the now positive COVID-19 case.



## WHAT DOES IT MEAN FOR QUARANTINE TO BE ADMINISTERED?

- The person must enter into a designated quarantine facility
- People can self-quarantine at home providing they meet the criteria for self-quarantine
- Individuals who are unable to quarantine at home or have failed to comply with quarantine requirements during self-quarantine, would be admitted to designated quarantine facilities.



## WHAT ARE THE CRITERIA FOR YOU TO SELF-QUARANTINE AT HOME?

- You must have access to a separate room, where you could self-isolate (only you must sleep or spend time in this room)
- You must also be able to contact and/or return to a health facility if your condition worsens
- If you are not able to meet these requirements in your home then you should quarantine in a designated facility.



## WHAT IS THE PERIOD OF QUARANTINE?

- 14 days from the time of exposure
- If you are well during the period of quarantine, then you do not need to test during or at the end of the 14-day period
- People discharged from quarantine or isolation after 14 days should self-monitor for a further 14 days (making a total of 28 days), and report the development of any symptoms to their general practitioner, to the NICD hotline or to their local health facility
- Persons in quarantine must be monitored regularly (self-monitoring is recommended where possible)
- Those who develop symptoms should be tested, and managed according to clinical guidelines
- People who test positive and can no longer be managed at a quarantine facility, should be transferred to an appropriate facility (i.e. hospital or isolation facility).



# ISOLATION

## WHAT IS ISOLATION?

Isolation serves the same purpose as quarantine; however, it is reserved for those who are already sick and/or have tested positive for COVID-19 infections, but do not require hospital admission for medical care.



## WHAT DOES ISOLATION ENTAIL?

- *Isolation at a person's home* is known as self-isolation. This is the preferred option, but is dependent on the person meeting the self-isolation criteria
- *Isolation in a health facility or at a designated isolation facility* is for people who cannot self-isolate at home and are thus considered for admission to such a facility.



## WHAT IS THE PERIOD OF ISOLATION?

- 1 *Asymptomatic patients:* 14 days from time of positive test
- 2 *Mild disease:* 14 days from onset of symptoms
- 3 *Moderate or Severe disease:* 14 days following clinical stabilisation (no longer requiring oxygen). You do not need to re-test to confirm you are negative to de-isolate.

## WHAT SHOULD I DO AFTER I COMPLETE MY 14 DAYS OF ISOLATION?



You should self-monitor for a further 14 days and report the development of any symptoms to your general practitioner, to the NICD hotline or to your local health facility



People who have been in isolation need to be closely monitored (through self-monitoring) for any worsening of symptoms, which will then require admission to hospital



A plan for ensuring access to a hospital needs to be in place.

## WHAT ARE THE CRITERIA FOR SELF-ISOLATION?

You require access to a separate room where you can self-isolate (e.g. no other persons must sleep or spend time in the room with you).



## THE LAW AND QUARANTINE AND ISOLATION

If a person refuses to self-quarantine or self-isolate according to the guidelines:

An enforcement officer can enforce the person to a mandatory isolation or quarantine facility

A person who does not comply with the enforcement officer, can be placed in quarantine for a period not exceeding 48 hours, pending a warrant being issued by a competent Court.



# GUIDELINES FOR QUARANTINE AND ISOLATION AT HOME



## HYGIENE AT HOME



Separate yourself from other people in your home, in a well-ventilated room. Your family should preferably not sleep in the same room as you



Wash your hands with warm water and soap for at least 20 seconds and dry your hands thoroughly, preferably with a clean single-use towel



You can also use an alcohol-based hand sanitiser that contains 60-95% alcohol, to clean your hands



Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into the fold of your elbow, and throw the tissue into a separate bin



Throw used tissues into a lined bin and immediately wash your hands with soap and water for at least 20 seconds, making sure you dry them thoroughly, preferably with a clean single-use towel



Use of a cloth face mask is recommended for all household members



Clean surfaces regularly to lower the risk of infection



Ensure good ventilation in your home - open all doors and windows and allow air to circulate



Clean common high-touch surfaces such as door handles, tables, chairs, handrails, kitchen and bathroom surfaces, taps, toilets, light switches, computers, keyboards, remote controls, game controllers and favourite toys



Change into clean clothes when you return home after being in a crowded place, and wash your hands with soap and water immediately afterwards



Clean your cell phone, car keys or house keys, wallets, purses and bank cards. Wipe all items with a soft clean cloth soaked in disinfectant and then wipe dry or alcohol based sanitiser



Avoid touching your eyes, nose and mouth with unwashed hands



Also use a separate bathroom if possible. If you share a bathroom, make sure you clean it after every use.



## SOCIAL RELATIONS WHILST ISOLATING

If in a home where others who live with you aren't self-isolating, one should minimise close contact with them by avoiding situations where you have face-to-face contact closer than 1m. The other household residents do not need to self-isolate provided these precautions are followed

Use your own eating and drinking utensils (including cups, glasses and dishes in the bathroom and bedroom)

Do not share food and drinks or prepare food for others. If you share a kitchen with others, avoid using it while others are present. Take your meals back to your room to eat

Don't invite or allow social visitors, such as friends and family, to enter your home. If you want to speak to someone who is not a member of your household, use the phone or other means of contact

Minimise the time you spend in shared spaces such as bathrooms, kitchens and lounge areas as much as possible and keep shared spaces well ventilated.



Limit your contact with people other than the people with whom you are self-isolating



Friends, family or delivery drivers can drop off food and other essential supplies. Maintain a distance of 1-2m during these deliveries



Use your own toilet paper, hand towels, toothbrush, toothpaste, washcloths or bed linen and other supplies during your self-isolation



Use your own towel after bathing or showering, as well as to dry your hands



If you have a dishwasher, use it to clean and dry your used crockery and cutlery. If this is not



possible, wash your crockery and cutlery using your usual washing liquid and warm water and dry them thoroughly using a separate tea towel





## LIVING WITH OLDER/ VULNERABLE PERSONS

Older people and vulnerable people (those who are immune-compromised or have pre-existing conditions like cardiovascular disease, diabetes or hypertension) are more at risk for COVID-19 transmission, morbidity and mortality

- Care should be taken to reduce close contact with such persons
- Avoid visiting the elderly if you are in self-isolation at home.

## CHILDREN AND CHILDCARE



- Reduce your contact with your children as far as possible
- Explain your situation to your children, so that they understand
- Tell them that you are staying at home to protect other people. Try to avoid worrying them
- If a child develops symptoms, you should contact your GP, the COVID-19 hotline or a local health facility
- They will also need to stay at home for 14 days from the onset of their symptoms.

If you have tested positive and you are breastfeeding, take precautions to limit the potential spread of COVID-19 to the baby.



Ask someone who is well to feed your expressed breast milk to the baby

Wash your hands with soap and water before touching the baby or bottles



If you are feeding with formula or expressed milk, sterilise the equipment carefully before each use.



Wear a face mask when breastfeeding



Do not share bottles or a breast pump with someone else

Do not cough or sneeze on the baby while feeding or breastfeeding.





## FOOD HANDLING AND FOOD HYGIENE PRECAUTIONS

- Wash fruit and vegetables thoroughly under running water
- Wash your hands thoroughly before preparing any food
- Cook food to the recommended temperature
- Always use clean utensils and plates
- Remove any unnecessary packaging and throw into a waste bin with a lid
- Remove food from take-out containers, place on a clean plate and throw away the container into a bin
- Packaging like cans can be wiped clean with a disinfectant before being opened or stored.

## LAUNDRY

Hand-wash your clothes, towels and linen separately and fold and put away your laundry yourself



Wash clothes with soap or detergent, using the warmest water and dry items properly

If you are using a washing machine, wash your clothes, linen and towels in a separate wash cycle. Do not mix your washing with your family members laundry.

## MENTAL HEALTH AND WELLBEING



**Emotional and mental health is important. It is normal to feel stressed or lonely when self-isolating or in quarantine.**



Reach out to your family and friends, preferably telephonically, and talk about how you feel



Stick to a routine such as having regular mealtimes, bedtimes and exercising



If you feel you are not coping, it is important to talk to a health professional.



## WEARING A FACE MASK



### HOW TO WEAR A FACE MASK

- Before putting on a face mask, ensure that you wash your hands thoroughly with soap and water
- The mask must cover your mouth and nose and make sure there are no gaps between the mask and your face
- Avoid touching the mask whilst wearing it
- Replace the mask as soon as it is damp and do not re-use single use disposable masks
- To remove the mask - remove it from behind (do not touch the front of the mask) and discard immediately in a closed bin or a washing bucket. Clean your hands again with soap and water.

### WASHING A FACE MASK

Fabric face masks should be washed regularly depending on the frequency of use

Use a washing machine or hand-wash the face mask, using warm water and detergent.



### WHEN USING A FACE MASK

Always wear a face mask when you are out in public places, as the face mask, when combined with good hygiene, can protect you from contracting the virus and also prevent you from spreading any germs.

#### All face masks should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be washed and dried without damage or change to its shape.





# PREVENT THE SOCIAL STIGMA OF COVID-19

## WHAT IS STIGMA?

- COVID-19 has caused social stigma and discriminatory behaviours against people who are tested positive and who may have been in contact with the virus
- Confusion, anxiety, and fear often fuels these harmful stereotypes
- Avoid labels, stereotyping, discrimination against, and treating people linked with the virus differently, as this can negatively affect those with the disease, as well as their family, friends and communities.

## WHY IS COVID-19 CAUSING SO MUCH STIGMA?

- It is a disease that's new and for which there are still many unknowns
- We are often afraid of the unknown
- It is easy to associate that fear with 'others'.

## WHAT CAN YOU DO?



Know the facts and share them with others in your community



Encourage people to seek help from a Clinic or healthcare professional if they are unwell or display symptoms



Show empathy with those affected



Offer support to those infected, even when they have recovered and are back at work.

## WHAT IS THE IMPACT OF STIGMA?

- It can drive people to hide the illness to avoid discrimination
- Prevents people from seeking health care immediately
- Discourages them from adopting healthy behaviours.



## WHEN SHOULD YOU SEEK MEDICAL HELP?

- ✓ If your symptoms have not improved after 7 days
- ✓ If you become confused or have difficulty concentrating
- ✓ If you develop a new fever or your fever returns
- ✓ If you develop chest pain
- ✓ If you are diabetic and your sugar level is very high (+18) or very low (-3.5)
- ✓ If your breathing becomes difficult
- ✓ Do not go to your GP's rooms directly
- ✓ Call your doctor and arrange a telephonic consultation OR call an ambulance and go to the hospital.



## IMPORTANT CONTACT NUMBERS

### ■ RBPlat Employees

- *RBPlat Clinic: 014 573 1498*
- *Ambulance - Europ Assist: 086 174 6548*

### ■ Community

- *Royal Bafokeng Emergency Medical Response Service (EMRS) Call Centre: 014 566 7017/1331/1361*
- *COVID-19 Emergency Hotline: 0800 029 999*
- *WhatsApp Help Service: send HI to 0600 123 456 on WhatsApp*

