MEDICLINIC

COVID-19
SELF-QUARANTINE
HOW TO PREVENT THE SPREAD

The following guidelines were compiled to ensure safer home care to reduce the potential spread of the virus to other occupants or carers. The information is aimed at the following people:
- People who may have been exposed to a positive case when working or living with someone who has the virus.
- People who have tested positive for COVID-19, but their condition does not require hospitalisation and they can recover at home.
- Patients who were hospitalised for initial treatment, but can now return home.

	RECOMMENDATIONS
	• Remain at home while having symptoms • Do not go to school or work, avoid public areas, public transport and social activities
	• Use a separate bedroom if possible or try to sleep alone in a bed • Keep rooms well-ventilated or the windows open • Use a separate bathroom if possible
	• Limit the use of shared spaces, e.g. kitchen, lounge and bathroom • If sharing a space cannot be avoided, follow all recommendations
	• Always wear a mask when you are in public. If you are coughing or sneezing, also wear a mask at home to limit the spread of infection in your home
NO VISITORS	• Limit contact with people • No visitors (only those living in the house) • Where possible keep a safe distance from the older adult population and those with chronic illness • If visits are necessary, try and maintain a distance of two meters from others where possible
	Use soap and water to wash hands thoroughly: • After coughing, sneezing or handling tissues • Before touching surfaces in any shared areas • Before and after touching others in a shared environment • After touching any shared surfaces, e.g. counters, furniture, the remote control or any other item, and before touching your face **Alcohol hand rub:** • Alcohol-based hand rub can be used before and after touching items • Only use alcohol-based hand rub that contain at least 60% alcohol • Do not use alcohol-based hand rub when your hands are visibly soiled with dirt or body fluids, e.g. mucous after sneezing or coughing **Optimise sanitation:** • Dry hands with a disposable paper

	• Clean all surfaces regularly – at least daily • Clean immediately if there has been splatter from any respiratory secretions • Use a household detergent and water on a cloth to clean, which can be followed by wiping a mild bleach solution
	• When in your own room, use a tissue to cover your mouth when coughing and sneezing • Blow your nose in tissues • Discard all used tissues in a packet that can be thrown away and wash your hands directly after
	• Wash crockery and cutlery used by the sick person separately using hot soapy water and allow it to dry thoroughly
	• Do not share linen or towels • Items can be washed and dried as normal
	• Try to not have very close contact with your pet • Have someone else feed and play with your pets (This is still a new virus and not everything is known about passing it on to pets)
	• If you are feeling worse – seek medical help • Wear a mask when travelling • Notify the doctor or facility that you will be seeking medical assistance or call before attending – the reason for this is to limit exposure of others to the virus so that the infection can be contained • Obtain a mask for your doctor's visit and confirm your reason for visit
	• When you feel well and no longer have any flu symptoms, such as coughing, runny nose and sneezing, visit your doctor for his/her confirmation before you start socialising again

Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) is the name of the virus which causes the associated Coronavirus disease 2019 (COVID-19).

It is important to monitor your condition, and to record if any of your symptoms start to worsen. Should you require urgent medical care, please take note of the following:

• Contact your General Practitioner if you are concerned that your condition is deteriorating. Your doctor will advise you on any action to be taken.
• If you are in respiratory distress, please go to your nearest Emergency Centre for urgent medical assistance.
• If you cannot get to an Emergency Centre, please call emergency medical assistance by dialing ER24 on 084 124. These services will transport you to the closest, most appropriate facility for care.

We are aware of concern around hospital capacity during the current Covid-19 crisis but please be assured that Mediclinic Emergency Centres are always open to stabilise any patient in an extreme emergency regardless of the hospital divert status. Once the patient's condition is stable, the individual will then be accommodated at the hospital or transferred to the nearest, most appropriate facility if required.

Mediclinic Public Hotline: 0860 24 00 24

EXPERTISE YOU CAN TRUST.