

SELF-CARE INFORMATION FOR COVID-19 PATIENTS



SUPPORT YOUR RECOVERY AND PREVENT THE SPREAD.

COVID-19 is caused by the highly infectious SARS-CoV-2 virus and spreads from an infected person’s mouth or nose in small droplets while coughing, sneezing or talking. COVID-19 can also be contracted through your mouth, nose or eyes after coming into contact with contaminated surfaces.

Symptoms can occur between four and 14 days after infection. These symptoms may include a persistent cough, sore throat, shortness of breath, loss of smell and taste, fever, weakness, muscle pain, nausea, vomiting, fatigue, diarrhoea and a headache.

Most people who contract the virus experience mild symptoms and make a full recovery. Some suffer more serious complications such as pneumonia and respiratory failure. Risk factors are older age (older than 60 years), heart disease, lung disease, high blood pressure, obesity and diabetes mellitus. Full recovery may take several weeks, especially among those who are severely ill. Around 20% of those infected may require hospitalisation.

There is currently no specific medication to prevent infection or cure a patient with COVID-19. Because it is a disease caused by a virus, it cannot be treated with antibiotic therapy.

WHAT YOU CAN DO TO PREVENT THE SPREAD	
	<p>Transport</p> <ul style="list-style-type: none"> • If at all possible, avoid public transport when discharged from hospital. • Wear a face mask that covers your mouth and nose. • If you are being transported home, ensure the driver is also wearing a face mask. • Leave the vehicle’s windows open for ventilation.
	<p>Home care</p> <ul style="list-style-type: none"> • Strictly adhere to our Self-Isolation Guidelines available here. • Arrange for somebody to do your shopping. • Rest, as you may be more tired than usual. Gradually resume activities each day as your strength allows. • Drink plenty of water to stay hydrated. This will help to loosen the phlegm. • Take the medicine as prescribed by your doctor for fever, body aches, cough or headache. • Do not smoke or vape as this could worsen your symptoms. • Use online consultation services with your healthcare provider. • When you feel well and no longer have any flu symptoms such as coughing, runny nose or sneezing, visit or consult your doctor for his/her confirmation before you start socialising again. • If you feel worse, call your general practitioner. • If you are in respiratory distress, please go to the nearest Emergency Centre.

For more information, contact the Mediclinic Southern Africa COVID-19 Hotline on 0860 24 00 24 or visit the NICD website at <https://www.nicd.ac.za>

EXPERTISE YOU CAN TRUST.