

# HAVE YOU BEEN IN CONTACT WITH SOMEONE WHO TESTED POSITIVE FOR COVID-19?

Practice the following precautions to prevent the spread.



Stay at home and monitor yourself for any COVID-19 symptoms.



Practice good cough-and-sneeze etiquette.



Wash your hands regularly, especially after coughing or sneezing.



If possible, get tested if you show COVID-19 symptoms.



If you have symptoms, self-isolate for an additional 10 days after the onset of symptoms.



If you feel short of breath or have difficulty breathing, go to the nearest hospital.

**For more information, call the Mediclinic Southern Africa COVID-19 Hotline on 0860 24 00 24.**