

NOVEL CORONAVIRUS DISEASE (COVID-19)

WHAT YOU NEED TO KNOW

IN ORDER TO ENSURE QUICK RECOVERY FROM ILLNESS CAUSED BY CORONAVIRUS AND TO PREVENT THE SPREAD TO OTHERS, PLEASE NOTE THE FOLLOWING:

PRECAUTIONS TO TAKE



Adhere to national government social distancing restrictions and guidelines



Avoid crowded places and being around people who are unwell



Cover your mouth with a tissue when coughing or sneezing



Perform frequent hand hygiene – wash hands when visibly soiled or use an alcohol-based handrub



Always wear a mask in public. If symptomatic (cough, runny nose), consider wearing a mask in your home environment as well

MONITOR YOUR HEALTH CLOSELY



Pay close attention to your health, particularly if you have been in contact with someone who is COVID-19 positive or work with COVID-19-positive individuals



See a doctor if you are unwell or your condition deteriorates



Make use of the call centre and screening tools on the Mediclinic website to better understand your symptoms

The majority of patients with COVID-19 will not require treatment in hospital. If your symptoms worsen, seek medical attention

Discuss whether a virtual consultation is possible with your treating doctor

If you have any of the following symptoms, please **alert** the staff when presenting to your doctor or the hospital: fever, cough, shortness of breath or sore throat. Alternatively, please call the **Mediclinic Public COVID-19 Hotline 0860 24 00 24**, or **ER24 on 084 124** in the event of an emergency.

EXPERTISE YOU CAN TRUST.