

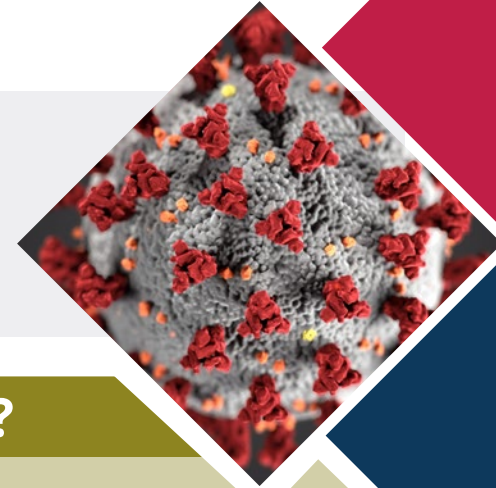
CORONA VIRUS FAQ



taking care of our own

What does it mean if I test positive for the virus?

Viral tests check samples from your respiratory system, such as a swab from the inside of your nose is taken by a healthcare provider to see if you are currently infected with SARS-CoV-2, the virus that causes COVID-19.

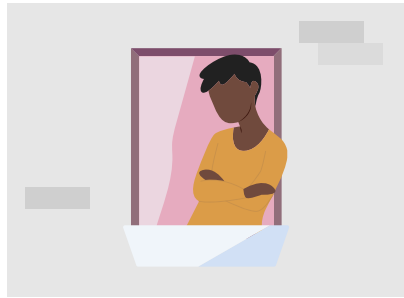


WHAT DOES SELF-ISOLATION MEAN?

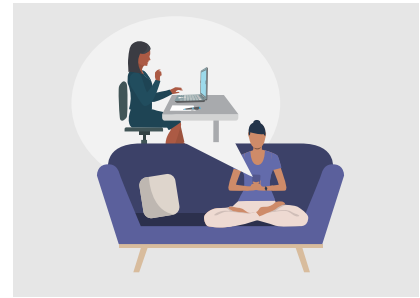
YOU SHOULD:



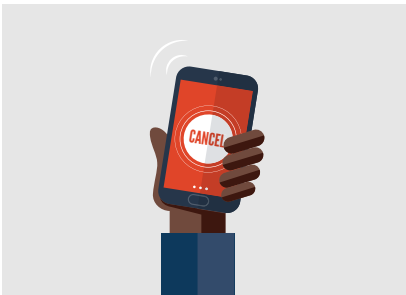
Your first responsibility when you're self-isolating is to take care of yourself and to follow your doctor's instructions.



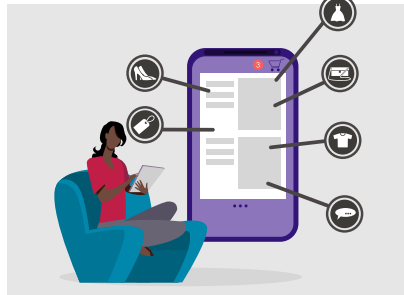
Stay at home.



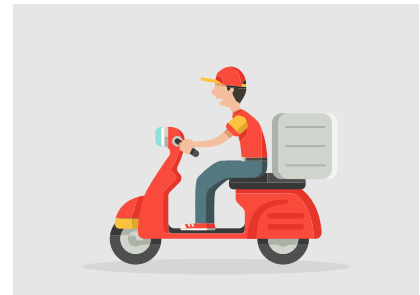
Talk to your employer and let them know that you cannot come to work. If you are well enough, you may be able to continue to work from home while self-isolating. Email and other tools like Skype, Slack or even WhatsApp have made it easier than ever to work remotely.



You should cancel all your routine medical and dental appointments.



If you have access to the internet, you can order your shopping or medications online but tell delivery drivers to leave any items for collection outside your house.



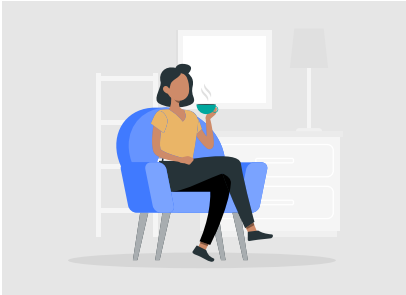
Delivery drivers should not come into your house at all.

**Continues on overleaf*

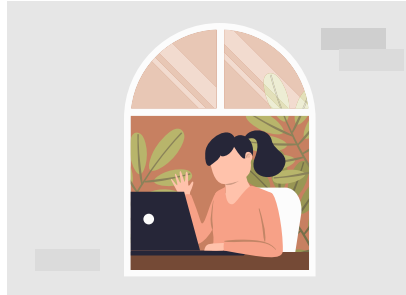


WHAT DOES SELF-ISOLATION MEAN? (CONT)

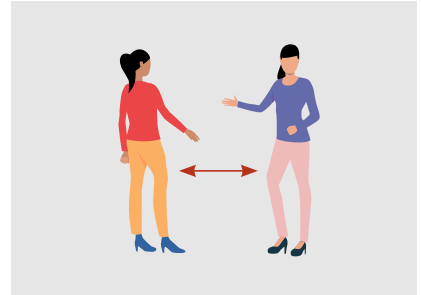
YOU SHOULD:



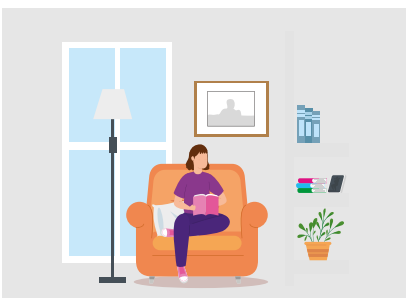
Staying inside your home and avoiding contact with those you live with for at least 14 days, even if you don't have any symptoms of COVID-19.



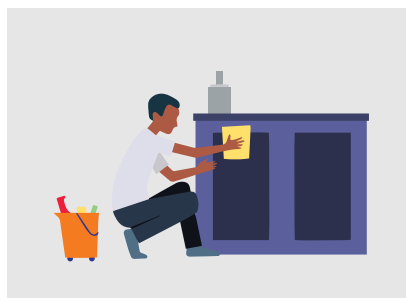
If you aren't feeling too sick, you may still need to manage work-related, personal or family responsibilities when you're self-isolating.



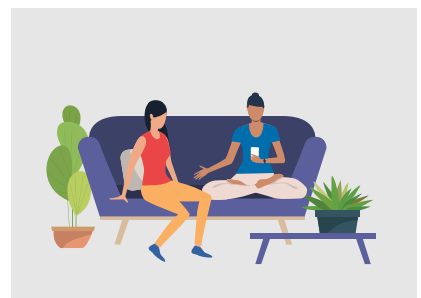
This means separating yourself from others (if you live with other people).



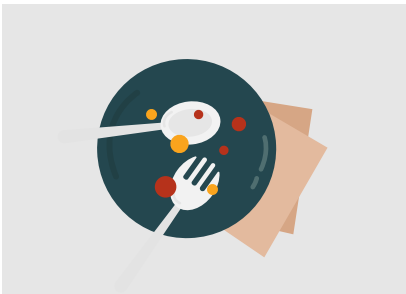
Where possible use a separate bedroom and bathroom, or part of the house that other people are not using.



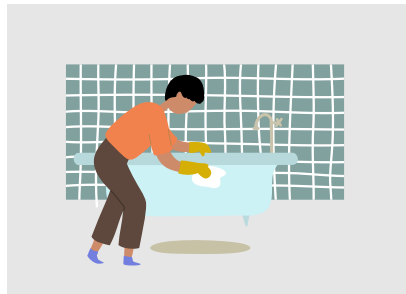
If you're well enough, ask for cleaning supplies and regularly clean and disinfect all of the surfaces you come into contact with.



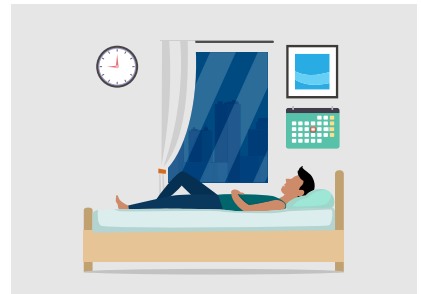
You also need to discuss how to deal with any other ongoing responsibilities.



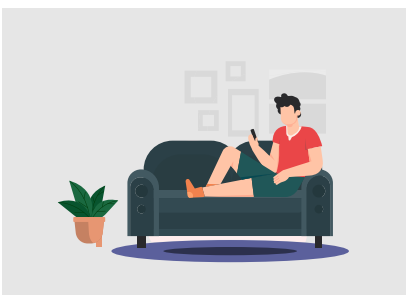
Deciding on how you will dispose of any paper or plastic utensils and plates or cups you drink or eat from so that there is no risk of anyone else getting COVID-19 through these items.



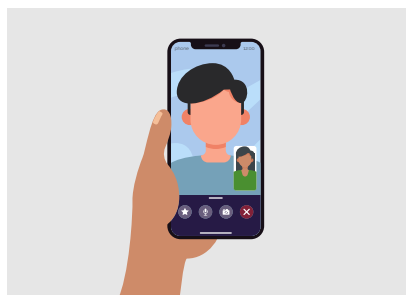
If you are not able to isolate yourself from the others that you live with entirely, make disinfecting of frequently touched objects an absolute priority.



It's ideal to isolate yourself entirely, otherwise isolate yourself as much as possible.



Stay in contact – but do it digitally. It's important to ensure your mental wellbeing while in self-isolation.



Make sure you connect and receive support from others. Communicate using your cell phone or via video calls. Do not have any physical contact with anyone while self-isolating.

If you live with your partner, spouse or other family members and have children, decide on a plan of action around who will assist with any home schooling, do any shopping (while strictly following the containment measures in place), cook meals, and also decide on how food will be brought to you without the need to interact physically at all.



WHAT DOES SELF-ISOLATION MEAN?

YOU SHOULD NOT:



Go to work, school, or any public areas.



Use any public transport (including buses, minibus taxis and taxi cabs). Do not travel.



If possible, you should not even go out to buy food, medicines or other essentials. You should ask friends or relatives to help you to buy groceries and essentials.



You should not go outside to exercise unless you can maintain a safe distance from others in an outdoor space.



You should not have any visitors in your home during your isolation period.

WILL THE PEOPLE I LIVE WITH NEED TO BE TESTED AS WELL?

Other members of your household (who are considered among your close contacts) will only have specimens collected for laboratory testing if they develop symptoms consistent with coronavirus disease.



HOW LONG MUST I SELF-ISOLATE?

You can end your home isolation 14 days after your illness began.

Your illness began on the day that you first developed symptoms, not on the day that a specimen was collected or on the day that the laboratory test was reported to be positive. If you were tested with no symptoms (note – this is not currently recommended) and had a positive test result, you can end your home isolation 14 days after the positive specimen was collected.

After a 14-day home isolation period, you are considered to no longer be infectious, i.e. you are very unlikely to transmit infection to others.



WHY DO I NEED TO WEAR A MASK?

The main benefit of everyone wearing a face mask is to reduce the amount of Coronavirus (or Influenza virus) being coughed up by those with the infection, thereby reducing its spread through droplets.

Since some persons with the Coronavirus may not have symptoms or may not know they are infected, everyone should wear a face-mask.



MUST I WEAR A MASK?

Yes, according to the Disaster Management Act; Regulations for Alert level 3 during Coronavirus COVID-10 Lockdown as amended and gazetted on 12 July 2020:

No person is allowed to be in a public place, use any form of public transport, or enter a public building, place or premises, if that person is not wearing a cloth face-mask or a homemade item that covers the nose and mouth, or another appropriate item to cover the nose and mouth.



WHAT TYPE OF MASK SHOULD I USE?

1

A cloth mask

2

A homemade item

3

Another appropriate item that covers your nose and mouth



HOW DO I PUT ON AND TAKE OFF MY MASK SAFELY?



When wearing the mask

- Only use a mask that has been **washed and ironed**.
- Wash your hands **before putting the mask** on.
- Place the mask with the correct side facing your face and ensure that it **covers both your nose and mouth** properly.
- Tie the strings behind your head. Or if you are using elastic bands, **make sure these are tight**.
- Make sure it fits well. Move it around to get the best fit. **Never touch the cloth part**.
- Once you have put on the mask, **do not touch your face** again until you take it off.



When removing the mask

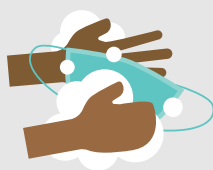
- Undo the ties and **carefully fold the mask inside out**, hold it by the strings/elastic and **place the mask in a container reserved for washing masks**.
- Wash or **sanitize your hands** after removing the mask.



CAN I WEAR THE SAME MASK EVERY DAY?

You must have at least 2 cloth masks so that you can wash one and wear one.

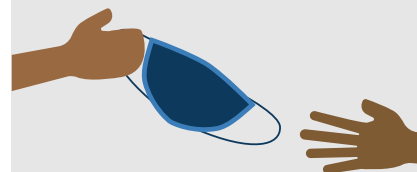
How do I care for my mask?



Wash your mask daily with soap and hot water.



The mask is best dried in the sun and ironed.



Do not share your mask with anyone.

