

# COVID-19 at home

## Information and Advice



STAY SAFE

**MOVE  
FORWARD**



Western Cape  
Government

# Watch out for COVID symptoms



Sore throat



Cough



Shortness of  
breath or difficulty  
breathing



A change in  
your sense of  
taste or smell

**You may also have a fever,  
headache, a runny nose  
or sneezing.**

# Community transmission is very high

So, if you have COVID symptoms or symptoms of a cold/flu, you must assume you have COVID, even if you don't get a test or are waiting for the result.



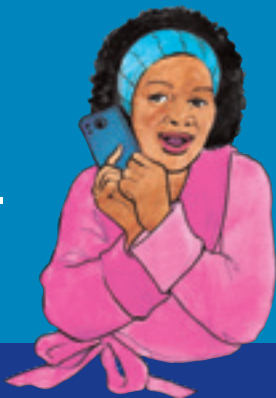
**Isolate immediately to prevent spread to others.**

**To ensure COVID tests are processed quickly they are being offered to those at risk of severe COVID or to those who might transmit it to others:**

- If you are over 45 years of age
- If you have one of the following: diabetes, obesity, high blood pressure, cancer, tuberculosis, HIV or heart, lung or kidney disease
- If you are admitted to hospital with COVID symptoms
- If you stay in a residential home with many others
- If you are a health care worker.



Contact your  
healthcare facility  
or the Western  
Cape Call Centre  
to discuss  
whether  
you need a  
COVID test.



Western Cape call centre  
**0860 142 142**

For at least  
**10 days**, you  
need to try to  
prevent spreading  
COVID to others  
and to look  
after yourself.



# Prevent COVID spreading to others

**Stay at home**, in a separate room if you can.



**Open windows and doors** for fresh air.

**Wash your hands** regularly.



**Keep apart from others** at home - at least 1,5 metres. Avoid those at risk of severe COVID: over 55 years or with a chronic condition.



If you have to  
be in contact  
with others,  
make sure you  
all **wear a mask.**





# Look after yourself



Check your symptoms morning and night for 10 days.

Expect your symptoms to last at most 5-7 days.



If your symptoms get worse or you have symptoms longer than 5 days, call your healthcare facility or the Western Cape Call Centre - **0860 142 142**

Get healthcare urgently if you have difficulty breathing, pain or pressure in the chest that won't go away, you become confused or cannot wake up.



Call an ambulance:  
**0861 911 111**

# Once you are recovered, get vaccinated.

Even though you have had COVID, you still need to get vaccinated when it is your turn. It is best to wait for 30 days after you are recovered before you get your vaccine.



Register for COVID vaccine:

<https://vaccine.enroll.health.gov.za>



**Western Cape  
Government**

**Western Cape call centre  
0860 142 142**



**CITY OF CAPE TOWN  
ISIXEKO SASEKAPA  
STAD KAAPSTAD**

**[www.westerncape.gov.za](http://www.westerncape.gov.za)**