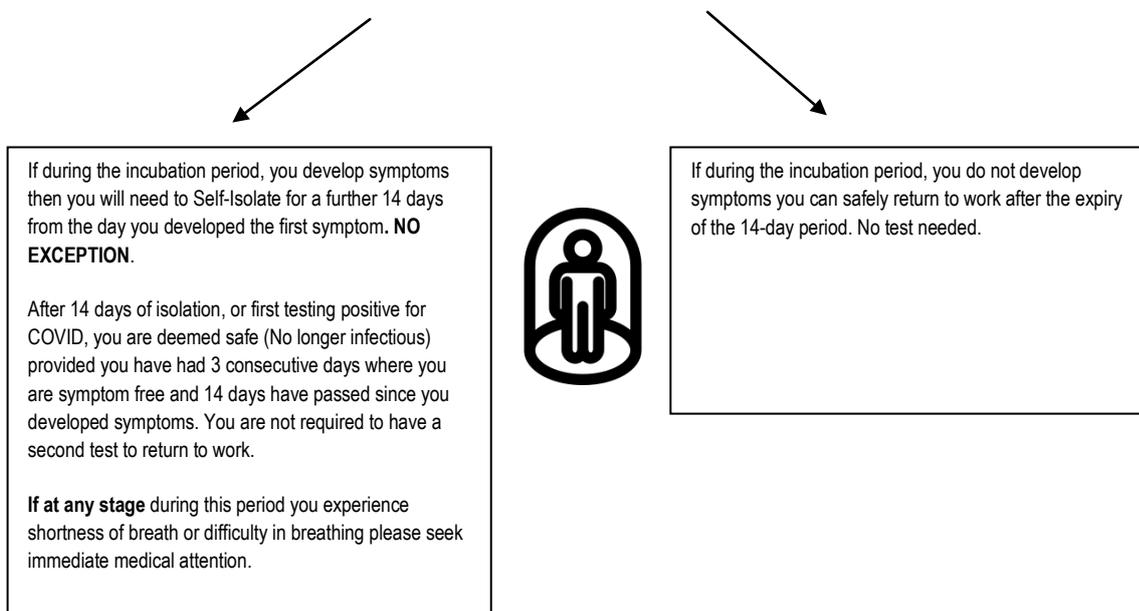


Important information on self-isolation and quarantine:

1. **Isolation** = for people who have been diagnosed with COVID-19
2. **Quarantine** = for people who have been in close contact or exposed to a COVID-19 positive patient.

So what does this mean?

The 14-day period has been prescribed as the incubation period or “window” period for the virus. Therefore, if you have been exposed to a COVID positive patient you will need to self-quarantine (no going out, no visitors or interaction with friends or family) for 14 days. You DO NOT need to take a COVID test during this period UNLESS you develop symptoms. Deciding to take a test during this time if you have no symptoms is of NO USE as the viral load may not be high enough to detect on a test.



What is close contact?

- Face-to-face (< 1 m).
- Being in a small room/ environment together for longer than 15 minutes.
- Living in the same house, sharing utensils, kissing, holding hands or hugging.
- Someone coughing or sneezing on you.

If you have someone at home who is sick with COVID-19:

- They must wear a mask.
- They must remain isolated from the rest of the household.
- No Visitors.
- Clean surfaces regularly.
- Stay in a ventilated room.
- 14 day isolation from start of symptoms.
- Family members should be self-quarantining during this time as well.



Healthcare providers are finding that 40% of the spread is as a result of asymptomatic “spreaders”. **REMEMBER** the more contact you have with people, the more chance you have of exposure. Stay calm, stay cognisant, wear a mask, wash your hands and sanitise frequently.

I have compiled these notes for you with reference to the GEMS guidelines (Government Employees Medical Scheme).

Kind regards

Dr Jessica Bussicott