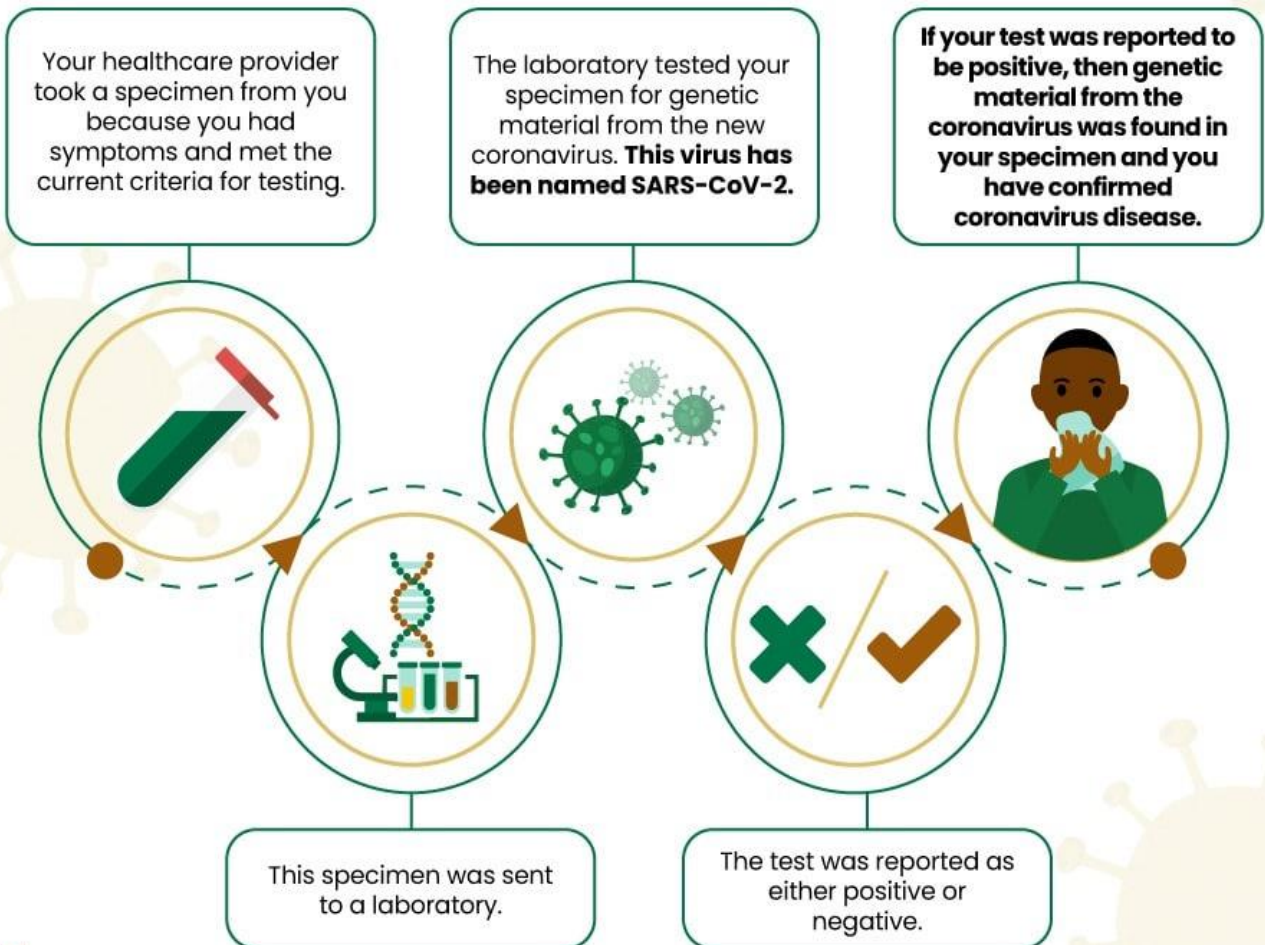




TESTED POSITIVE FOR COVID-19 OR SOMEONE IN YOUR HOME HAS? READ ON.

WHAT DOES A POSITIVE LABORATORY TEST RESULT MEAN?



WHO WILL BE IN TOUCH WITH ME FROM THE GOVERNMENT OR NATIONAL INSTITUTE FOR COMMUNICABLE DISEASES (NICD)?

The person with COVID-19, with whom you were in close contact, made a list of all the people he/she had close contact with from 2 days before they became ill. You may therefore be called, visited at home or advised by government officials, community health workers and/or the NICD. The purpose of this contact is to assist you to self-quarantine at home for 14 days after your last contact and to monitor you for symptoms.



TESTED POSITIVE FOR COVID-19 OR SOMEONE IN YOUR HOME HAS? READ ON.

WHAT INFORMATION WILL I NEED TO PROVIDE TO OFFICIALS?

Your health care provider, government officials or NICD will ask you to make a list of all the people you have had close contact with from 2 days before you became ill.

These people will also be required to self-quarantine at home for 14 days and monitor themselves for symptoms.

QUARANTINE



Remain in quarantine for 14 days. Even if the patient feels better during this time, they should continue to stay in quarantine for the full 14 days.

The patient should be isolated in a well-ventilated single room. If a fan is available, point it out of one window and keep another window open to facilitate increased air exchange in the room.

If possible, the patient should use a separate bathroom or bathroom/washing facilities should be cleaned after every use.



Social support, including food support, is critical.

ISOLATION

Maintain a distance of more than 3 steps from all household members.

No visitors should come to the home during the 14 days.

Minimize use of shared spaces and use separate eating utensils where possible.

Assign one person to be the caregiver. The caregiver should ideally maintain a distance of more than 1 meter.



Who should self-quarantine?

Self-quarantine for COVID-19 is recommended for individuals who have been directly exposed to the virus or who have traveled to areas where there are large numbers of people infected in order to prevent further transmission.



Self-quarantine steps

- Stay home. Only go out if you need medical care.
- Monitor your symptoms: Fever, cough, shortness of breath
- Do not go to work, school, or public areas. Avoid using public transportation, or taxis
- Keep a distance of one-and-a-half metres from family members
- If you are sharing a bathroom, wash taps, doorknobs and utensils with soap and water regularly
- Clean your hands often. With soap and water for at least 20 seconds or with an alcohol-based hand sanitizer that contains 60-95% alcohol
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Clean surfaces like counters, tabletops, doorknobs, phones, keyboards, tablets, and bedside tables every day
- Keep clothes and bed linen clean
- Minimise visitors to the home. The person in quarantine should not interact with any visitors
- Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze
- Wear a face mask when you leave your area of self-quarantine
- Get medical attention as soon as possible if you become ill



Follow these steps when seeking medical care:

- Call your healthcare facility and tell them that you have, or are being evaluated for, COVID-19
- Put on a facemask before you enter the healthcare facility
- Ask your healthcare professional to inform the NICD



TESTED POSITIVE FOR COVID-19 OR SOMEONE IN YOUR HOME HAS? READ ON.

IF I HAVE A POSITIVE LABORATORY TEST RESULT, AM I AT RISK FOR MORE SEVERE ILLNESS?



The laboratory test will not be able to tell you if you are at risk for more severe illness because the result is only reported as positive or negative for the coronavirus.



However, you would have been assessed by your healthcare provider in terms of your current coronavirus illness and your other risk factors for more severe illness, including:

- Older age
- Serious underlying medical conditions such as diabetes mellitus, heart disease, lung disease and immunosuppression, etc.



If you were asked to isolate at home, your healthcare provider has assessed that you have a mild illness that can be managed at home. However, some people with coronavirus disease may worsen at home and need admission to hospital. **It is very important that you carefully monitor your symptoms throughout your illness and look out for emergency warning signs.**

You will be able to seek medical care during the lockdown. Emergency services including doctors, clinics, hospitals and pharmacies continue to operate as usual.

Practice hygiene when you go out, wash your hands when leaving home, do so again at your destination and before you depart for home.

If you are showing symptoms of Covid-19, & need medical care:

- Call your doctor or clinic and report your symptoms.
- Wear a facemask when you enter the healthcare facility.
- Ask your healthcare professional to inform the NICD if you test positive for Covid-19.
- Keep a distance of at least one-and-a-half meters from your family members at home.