COVID-19

What is contact tracing?

Contact tracing is one of the ways to control the spread of COVID-19 in South Africa and across the world.

People who had close contact with someone with COVID-19 have a higher risk of getting the disease. They can also infect others if they begin to show symptoms.

Closely watching these people for 14 days will help them to get care and treatment and will prevent spreading the virus to others.

Call the COVID-19 Hotline: 0800 029 999
Send ‘hi’ on Whatsapp to COVID-19 Connect: 060 012 3456
Visit the website www.sacoronavirus.co.za
What is the difference between Testing & Screening for Covid-19?

There's sometimes confusion around the difference between screening and testing. Here's the difference:

- **SCREENING**: This is a measure taken to determine if you are at risk of contracting the virus. It may include answering questions about your recent activities and health. In some cases, like in airports, screening can be done through temperature scanners to identify symptoms like fever.

- **TESTING**: This includes collecting a biological sample from a suspected patient like a nasal swab or a blood sample which is then tested by a laboratory for the virus or its antibodies.

Learn more to Be READY for #COVID19:
www.sacoronavirus.co.za

NICD Hotline: 0800 029 999
WhatsApp 'Hi' to 0600 123 456

Credit: WHO
COVID-19
Help prevent the spread of respiratory diseases like COVID-19

- Wash your hands often with soap and water for at least 20 seconds.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.

Call the COVID-19 Hotline: 0800 029 999
Send ‘hi’ on WhatsApp to COVID-19 Connect: 060 012 3456
Visit the website www.sacoronavirus.co.za
COVID-19

Just like with any other disease, people who are ill with the COVID-19 Coronavirus have a right to PRIVACY.

This right is protected by the Constitution of South Africa and the National Health Act.

Call the COVID-19 Hotline: 0800 029 999
Send ‘hi’ on Whatsapp to COVID-19 Connect: 060 012 3456
Visit the website www.sacoronavirus.co.za
SELF-QUARANTINE, SELF-ISOLATION AND SOCIAL DISTANCING.
What do they mean and how do you fit in during the 21-DAY LOCKDOWN?

QUARANTINE
People who have been exposed to the virus and don’t have symptoms.

WHEN YOU’RE QUARANTINED:

- You’re taking your temperature
- Making sure you don’t develop any symptoms of COVID-19
- Staying away from public places for 14 days

BEING IN SELF-QUARANTINE DOESN’T NECESSARILY MEAN YOU HAVE SYMPTOMS OF COVID-19.

However, it is critical to monitor your health in the 14-day window, check if you develop any symptoms and stay away from public places.