

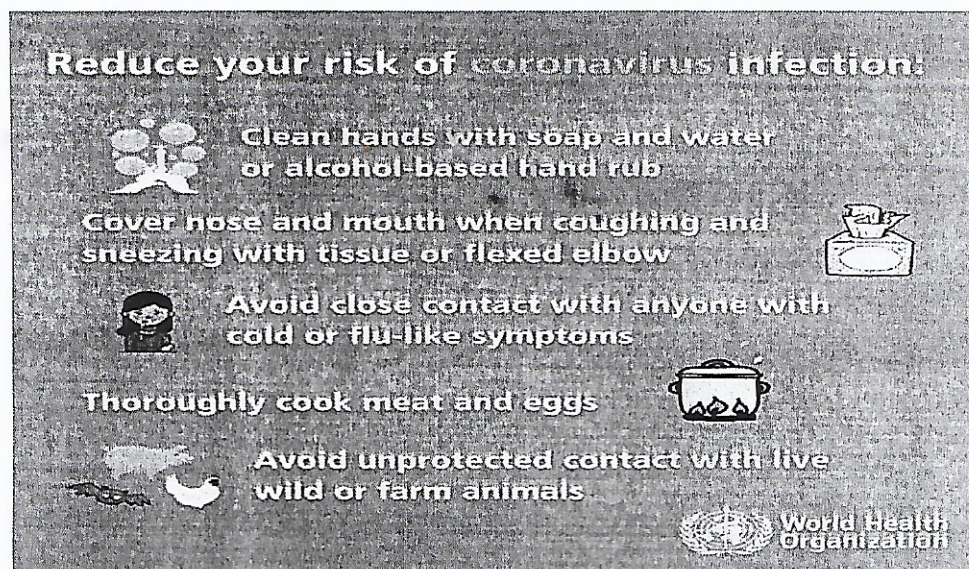
# Novel Coronavirus (2019-nCoV) advice for the public

## Section navigation

WHO's standard recommendations for the general public to reduce exposure to and transmission of a range of illnesses are as follows, which include hand and respiratory hygiene, and safe food practices:

- Frequently clean hands by using alcohol-based hand rub or soap and water;
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands;
- Avoid close contact with anyone who has fever and cough;
- If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider;
- When visiting live markets in areas currently experiencing cases of novel coronavirus, avoid direct unprotected contact with live animals and surfaces in contact with animals;
- The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.

## Protect yourself and others from getting sick





## Health Education for patients for Home Quarantine for COVID - 19.

When home quarantine is chosen, the person should occupy a well-ventilated single room, or if a single room is not possible, maintain a distance of at least 1 meter from other household members, minimizing the use of shared spaces and cutlery and ensuring that shared spaces (kitchen, bathroom) are well ventilated.

The following infection prevention and control measures should be used to ensure a safe environment for quarantined persons.

- i. Early recognition and control - Any person in quarantine who develops febrile illness or respiratory symptoms, at any point during the quarantine period, should be treated and managed as a suspect COVID-19 case;
- ii. Perform hand hygiene frequently, particularly after contact with respiratory secretions, before eating and after using the toilet.
- iii. Hand hygiene includes either cleaning hands with soap and water or with an alcohol-based hand rub.
- iv. Alcohol-based hand rubs are preferred if hands are not visibly soiled; wash hands with soap and water when they are visibly soiled;
- v. Practice respiratory hygiene, be aware of the importance of covering your nose and mouth with a flexed elbow or paper tissue when coughing or sneezing and disposing immediately of the tissue and performing hand hygiene;
- vi. Refrain from touching mouth and nose;
- vii. Clean and disinfect frequently touched surfaces such as bedside tables, bedframes, and other bedroom furniture daily with regular household disinfectant containing a diluted bleach solution (1-part bleach to 99 parts water). - Clean and disinfect bathroom and toilet surfaces at least once daily with regular household disinfectant containing a diluted bleach solution (1-part bleach to 99 parts water);
- viii. Clean clothes, bedclothes, bath and hand towels, etc., using regular laundry soap and water or machine wash at 60–90 °C with common laundry detergent and dry thoroughly; -
- ix. The FACILITY or DOCTOR will do a daily follow up for the duration of the quarantine and should include daily body temperature and symptom screening.
- x. Groups of persons at higher risk of infection and severe disease may require additional surveillance for chronic conditions or specific medical treatments.

WHO reference number: WHO/2019-nCov/IHR\_Quarantine/2020.1





"Pathology that Adds Value"

Dear Valued Supporter

## ***COVID-19 testing on SYMPTOMATIC PATIENTS only***

As per the NICD, PathCare will not be processing asymptomatic patients for coronavirus testing.

The reasons for testing only symptomatic individuals are that the PCR may be negative prior to development of symptoms in patients with COVID-19 and that inappropriate testing may rapidly saturate available testing capacity. Asymptomatic patients with a history of exposure or international travel should self-quarantine for 14 days.

Testing of symptomatic patients should be done according to the current case definition ([www.nicd.ac.za](http://www.nicd.ac.za)). Healthcare practitioners are asked to triage patients, complete the laboratory request form as well as the Person Under Investigation form (PUI) and Line of Contact forms.

Sampling and testing cannot proceed without these completed forms as required by the NICD.



Dear Colleagues

***ASYMPTOMATIC PERSONS should NOT be tested for COVID-19***

This applies to both contacts of confirmed COVID-19 cases (who should be quarantined for 14 days after exposure) and the asymptomatic worried well.

Contacts should be tested only if they become symptomatic.

Asymptomatic patients with a history of exposure or international travel should self- quarantine for 14 days.

The reasons for testing only symptomatic individuals is that the PCR may be negative prior to development of symptoms in patients with incubating covid-19 and that inappropriate testing will rapidly saturate available swabbing and testing capacity.

Testing of symptomatic patients should be done according to PUI definition. Health care practitioners are asked to triage patients, **complete laboratory request form** as well as the government mandated **"Case Investigation form for COVID-19"** to maximize efficiency of PUI investigation.

**Taking swabs and testing cannot proceed without these completed forms.**