

ISOLATE WHILE AWAITING COVID-19 TEST RESULT



PLATINUM
HEALTH

While awaiting test results for COVID-19; and you have been assessed as being medically well enough to be managed at home - please consider yourself as potentially infectious until the final results are available.

Quarantine (isolate) yourself at home. Don't go to work, avoid leaving your home, and as far as possible avoid close interactions with other people.



Do not have visitors in your home. Only those who live in your home should be allowed to stay.



Keep your windows open to allow adequate ventilation.

At home, stay in a specific room and use your own bathroom (if possible). If you live in shared accommodation with a communal kitchen, bathroom(s) and living area, you should stay in your room with the door closed, only coming out when necessary, wearing a face mask.

Avoid sharing household items like dishes, cups, eating utensils and towels. After using any of these, the items should be thoroughly washed with soap and water.

Wear a face mask when in the same room as other people and clean your hands with soap and water, or sanitise, frequently.

While awaiting the results, if your symptoms worsen, phone your Platinum Health healthcare provider to inform them of your changed symptoms and that you are still awaiting test results. In case of severe fever or respiratory distress - please go to your nearest Platinum Health medical facility or emergency unit. Take the necessary precautions such as wearing a masks, covering your cough and keeping a social distance.

