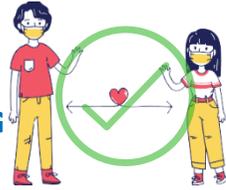




IDENTIFYING THE DIFFERENCE:  
PHYSICAL DISTANCING;  
QUARANTINE AND SELF ISOLATION

## COVID 19 PANDEMIC South Africa Western Cape

*Review the online Western Cape Dashboard  
for regular updates and locations of the  
various testing, screening, isolating and  
hospital facilities.*



### SOCIAL DISTANCING

Social distancing,

or the term, “physical distancing,” means to maintain a space between yourself and others within and outside of your home.

Social distancing should be practiced by everyone, whether exposed to the coronavirus or not.

#### GUIDELINES INCLUDE:

- Avoiding any physical contact (No handshakes or elbow greetings)
- Stand/Sit at least 2 meters (about 2 arms' length) from others
- Do not participate in social gatherings
- Stay away from crowded areas and avoid mass gatherings
- Most importantly, stay at home when you are feeling sick

### TESTING AND RE - TESTING

- There is NO need to test/retest at the end of the isolation period
- People discharged from isolation after 14 days should self- monitor for a further 14 days, and report development of any symptoms to their general practitioner, to the NICD hotline or to their local health facility
- People in isolation need to be closely monitored (may it be self-monitoring) for worsening symptoms which require admission to hospital
- A plan for ensuring access to a hospital needs to be in place

### What happens if I present with symptoms at my appointment?

- The appointment will be provisionally rescheduled for 14 days later
- You will be asked to Contact the National Hotline on **0800 029 999**
- The practice will email the Western Cape Department of Health to [doh.dismed@westerncape.gov.za](mailto:doh.dismed@westerncape.gov.za) and cc you in the email
- A follow up call the next day, will be made to confirm the 14-day appointment or if other options are to be considered
- Telehealth can be discussed with the therapist, as an option.

*Disclaimer: The following information is obtained from: World Health Organization; NICD and [www.sacoronavirus.com](http://www.sacoronavirus.com) Use credible sources*

#### **Contact us: For further information**

- **0219006781 (KuilsRiver Netcare)**
  - **0219041243 (EersteRiver)**
  - **0219034812 (KuilsRiver)**
- Email: [info@gardenerphysio@gmail.com](mailto:info@gardenerphysio@gmail.com)**

## QUARANTINE



Quarantine is the separation and restriction of movement or activities of persons who are not ill, but who are believed to have been exposed to infection. Quarantine is purposed toward preventing transmission of diseases.

Persons are usually quarantined in their homes, but they may also be quarantined in community-based facilities.

### QUARANTINE IS APPLIED TO:

- An individual or group of persons who were in close contact with a person infected with coronavirus.
- Persons at high risk of having been exposed during international travel; and/or
- Symptomatic persons identified to require testing and who have tested, but are awaiting test results. These persons can be discharged once they test negative

### **CRITERIA FOR SELF QUARANTINE**

#### **IN ORDER TO QUARANTINE SUCCESSFULLY:**

Isolate for 14 days. The recommended duration of quarantine for COVID-19 exposure is 14 days from the time of exposure (close contact or entering the country)

If possible, at home:

- Stay and sleep in a room on your own. This area or room should preferably have a window allowing for adequate ventilation

- Use your own crockery and cutlery – do not share these or food with anyone else
- You can talk to other family members and go outside, but you should stay at least 2 meters away from everyone at all times
- You should not allow visitation at your home during this period of time
- One family member should be assigned as your caregiver
- This exposes less of your family and also ensures that you (and this caregiver) can develop good habits so that they do not catch the virus from you either

If these procedures are not possible, you should contact a health care worker or clinic for alternative options

### **POINTS FOR CONSIDERATION:**

- If the patient remains well during the period of quarantine, they do not need to test during or at the end of the 14-day period
- People discharged from quarantine or isolation after 14 days should self-monitor for a further 14 days (Accumulating to a total of 28 days)
- These individuals should then report development of any symptoms to their general practitioner, to the NICD hotline or to their local health facility
- Persons in quarantine must be monitored regularly (self-monitoring is recommended where possible)
- Those who develop symptoms should be tested, and managed according to clinical guidelines
- People who test positive should no longer be managed at a quarantine facility, and should be transferred to an appropriate facility (i.e. hospital or isolation facility)

- Wash your hands before and after preparing food, before and after eating, and frequently throughout the day
- Wash your hands with soap and water for at least 20 seconds
- Cover your mouth with cloth or paper when coughing or sneezing
- Your linen can be cleaned with detergent and water
- Wipe down surfaces that you touch frequently with soap and water or household cleaners

## SELF - ISOLATION

Self-isolation refers to a voluntary act of home-based quarantine by any person who might or might have not been exposed to COVID-19 to contain the possible spread of COVID-19. Self-isolation can be applied to and by any person to curb the spread of COVID-19.

In the context of the COVID-19 pandemic, isolation may include:

- Isolation at a person's home, which is known as "self- isolation" is the preferred option
- People who cannot self-isolate at home should be considered for admission to health facilities

### **ISOLATION PERIOD:**

- Asymptomatic patients: 14 days from time of positive test
- Mild disease: 14 days from onset of symptoms
- Moderate or Severe disease: 14 days following clinical stabilisation (no longer requiring oxygen)

