

Appendix 1 – Example of a patient information sheet

Example of a patient information sheet for use with suspected cases who are being sent home to await test results for SARS-CoV-2 (COVID-19).

While awaiting test results for COVID-19 (the novel coronavirus), you have been assessed as being medically well enough to be managed at home.

However, please consider yourself as potentially infectious until the final results are available. You will need to abide by the following:

- You should quarantine yourself at home. Don't go to work, avoid unnecessary travel, and as far as possible avoid close interactions with other people.
- You should clean your hands with soap and water frequently. Alcohol-based sanitizers may also be used, provided they contain at least 60% alcohol.
- Do not have visitors in your home. Only those who live in your home should be allowed to stay. If it is urgent to speak to someone who is not a member of your household, do this over the phone.
- You should wear a surgical mask when in the same room (or vehicle) as other people.
- At home, you should stay in a specific room and use your own bathroom (if possible). If you live in shared accommodation (university halls of residence or similar) 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 surgical mask if one has been issued to you.
- You should practice good cough and sneeze hygiene by coughing or sneezing into a tissue, discarding the tissue immediately afterwards in a lined trash can, and then wash your hands immediately.
- If you need to wash the laundry at home before the results are available, then wash all laundry at the highest temperature compatible with the fabric using laundry detergent. This should be above 60° C. If possible, tumble dry and iron using the highest setting compatible with the fabric. Wear disposable gloves and a plastic apron when handling soiled materials if possible and clean all surfaces and the area around the washing machine. Do not take laundry to a laundrette. Wash your hands thoroughly with soap and water after handling dirty laundry (remove gloves first if used).
- You should 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.
- All high-touch surfaces like table tops, counters, toilets, phones, computers, etc. that you may have touched should be appropriately and frequently cleaned.
- Monitor your symptoms - Seek prompt medical attention if your illness is worsening, for example, if you have difficulty breathing, or if the person you are caring for symptoms are worsening. If it's not an emergency, call your doctor or healthcare facility at the number below. If it is an emergency and you need to call an ambulance, inform the call handler or operator that you are being tested for SARS-CoV-2.





If your symptoms worsen:

- Call:

- Or come to:

For more information on COVID-19, see the NICD's FAQ page:
<http://www.nicd.ac.za/diseases-a-z-index/covid-19/frequently-asked-questions/>

Standard precautions to prevent transmission of COVID-19

	<p>Keep your hands clean</p> <p>When?</p> <ul style="list-style-type: none"> • After visiting the bathroom • Before and after eating • After blowing your nose • Whenever you think your hands are dirty <p>How? Use alcohol hand rub or wash hands with soap and water</p> <p>Caution Never touch your eyes, nose or mouth with unwashed hands</p>
	<p>Cough etiquette</p> <ul style="list-style-type: none"> • Keep a distance of 2 meters between you and a person with a cough • Cover your own cough or sneeze with a tissue • Once used, throw the tissue away in a closed container • Clean your hands afterwards
	<ul style="list-style-type: none"> • Do not share items with other people (clothing, blankets, pillows, towels, mobile phones, uncovered food, magazines, books) • Do not keep the toilet lid up when you flush the toilet (you can transmit the virus from all body excretions)
	<p>Keep your immediate environment clean</p> <ul style="list-style-type: none"> • Wipe frequently-touched areas regularly with a disinfectant cloth • Discard all waste immediately