

## **Covid-19 in Hoedspruit – Now it is here! Here is what to do**

If you need help **phone first.**

Here are some useful phone numbers

Dr Rogers and Llewellyn 015 7930606

.....(if you have a different GP write their number here)

Hoedspruit Govt Clinic 015 793 2342

Pieter Papsdorf Paramedic 072 170 0864

Africa SafeT Paramedic and Ambulance 010 5906313

Government Ambulance Service 10177/015 7931582

National COVID 19 hotline 0800 029 999

Keep a list of your medications, allergies, and next of kin details.

Make sure you have good stocks of your usual medicines, as well as paracetamol and a thermometer.

### **How do I know if I have Covid-19?**

Please be careful many people with COVID-19 may be asymptomatic.

(67% of people with Covid on their swabs who are under the age of 18 had minimal symptoms.)

### **This is why social distancing and wearing a mask are important even if you feel well.**

As you get older your chances of getting symptoms get higher.

(70% of people with Covid on their swabs who are over the age of 70 had typical symptoms)

Common symptoms include:

- a high temperature – greater than 38 degrees
- a new, continuous cough – coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- sore throat and shortness of breath
- body aches
- exhaustion
- Loss of taste or smell

### **If you feel you need testing**

**Don't just go to the laboratory**

**Please phone your Doctor or Clinic first**

They will assess you and arrange testing when needed

While waiting for the results **strict isolation is mandatory**

## **What do I do if the test comes back positive?**

**A positive test is estimated to be 99.7% accurate**, even if you have no symptoms, it is very likely that you are carrying the virus.

Rest and drink lots of fluids and avoid other medications than paracetamol unless discussed with your nurse, pharmacist or doctor and isolate.

COVID-19 person with asymptomatic infection  
Isolate at home for 14 days from day of test.

COVID-19 positive person with mild infection  
Isolate for 14 days from onset of symptoms.

COVID-19 positive person who has been admitted to hospital  
Isolation to continue for 14 days after clinically stable (not requiring oxygen)

## **What if I get worse?**

You should phone a doctor if your symptoms get worse,

If you get very sick quickly then phone for an ambulance and warn them you have COVID19.

Some people may not want to go to hospital even if they become worse. If you have strong feelings on this matter please discuss this with your family and doctor now. It can be useful to write your wishes down and make sure this document is kept in an obvious place.

## **How will I know when I am better?**

If after 14 days from onset of symptoms

- You do not need to be re-tested if you have symptom free after 14 days
- Note the cough can last for several weeks post infection.
- if you still have symptoms, keep self-isolating and discuss with your doctor

## **What if I have had contact with someone who has tested positive for COVID 19?**

If you have had close contact (within 1 m, for at least 15 min, without a mask)

Even if you have tested negative you should still quarantine at home for 14 days and monitor for symptoms. Testing is not suggested for contacts as this can give a false reassurance (approx 30% of negative tests are falsely negative)

If you get symptoms speak to your Dr.

## **What if I have a different medical problem?**

All the local practices and clinics are still open, and many are offering face to face, as well as phone or virtual consultations. It is important that other significant problems are managed correctly in this time.

## **REMEMBER**

**Reduce your social contacts, wash your hands, practice social distancing and wear masks. The majority of people will recover from this illness with self-management at home and many will only get mild symptoms.**

**Please be conscious that even if you are not severely affected by this illness your actions can have a knock on effect for those who are less fortunate. There are no miracle cures for Covid 19, but how we adapt to it and care for each other will largely determine how our community fares in this difficult time.**

**Dr. Rogers and Dr. Llewellyn  
Hoedspruit Family Medical Centre**