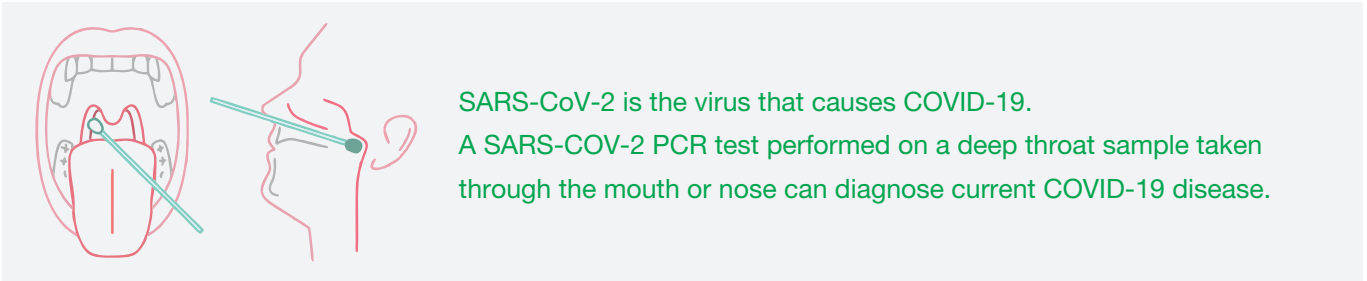




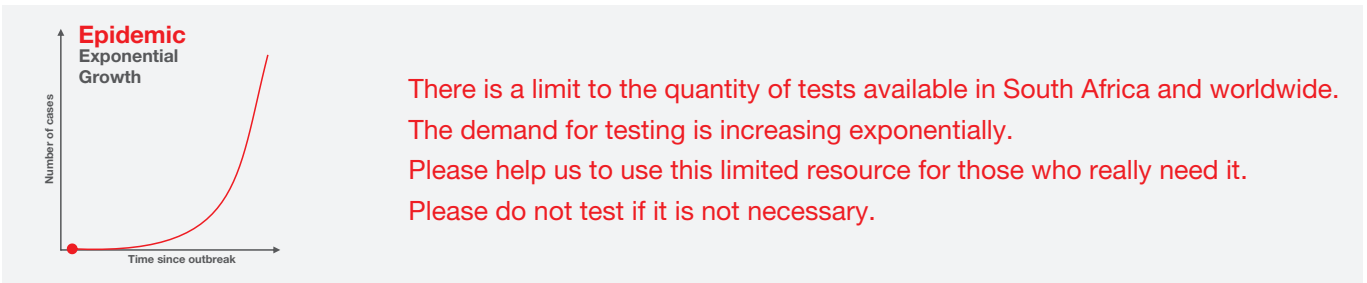
COVID-19 TESTING GUIDANCE: PATIENT AND HEALTH CARE WORKER INFORMATION LEAFLET

2 July 2020



Who should have a SARS-CoV-2 PCR test done?

- People with symptoms of COVID-19 disease. It is important to test as soon as possible after symptom onset. Symptoms must be present for less than 14 days. Symptoms include any of the following: Cough, sore throat, shortness of breath, loss of smell, and altered taste, with or without fever, weakness, muscle pain or diarrhoea.
- Repeat testing after a negative test may be recommended by your doctor under certain circumstances.
- Pre-admission screen before being admitted to hospital or a long term care facility may be a requirement for admission as recommended by your doctor.
- For health care workers only: If you've been in close contact with someone who has confirmed coronavirus disease but you do not have any symptoms, you must self-quarantine. If you are asymptomatic through day 7 you can do a SARS-CoV-2 PCR on day 8 and return to work if this test is negative (refer to the NICD guidance).



Please do NOT do a SARS-CoV-2 PCR in the following circumstances or for the following reasons:

- If you have been in close contact with someone who has confirmed COVID-19 but you do not have any symptoms yourself. You must stay at home and complete the full 14-day quarantine period.
- If you've tested positive and completed your 14-day self-isolation period. No "de-isolation" test is needed to return to work or school.
- If you tested positive for SARS-COV-2 and you do not believe the result. One positive test is sufficient proof of COVID-19 infection, there is no need for repeat 'confirmatory' testing.
- If you are "a contact of a contact" of someone who has confirmed COVID-19. You are only considered at risk if you had close contact with a confirmed case. Currently no laboratory has the capacity to deal with mass submissions of samples from asymptomatic patients.

Visit <https://www.nicd.ac.za/diseases-a-z-index/covid-19/advice-for-the-public/> for more information.

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