



Republic of Botswana

Ministry of Health and Wellness

Instructions for Contacts of COVID-19 Patient.

If you have recently been in contact with a person who has tested positive for Coronavirus disease (COVID-19) it is important that you adhere to the following:

- Isolate yourself at home for 14 days from your exposure to the infectious person.
- Keep track of your health by using daily monitoring tools provided by the MOHW /Health workers.
- If you live with others, it is important to maintain social distancing of 1-2m.
- Avoid physical contact with your family members (no touching, kissing or hugging).
- If possible stay in a separate room and use a separate bath room.
- Use separate plate, cups and spoons.
- Don't allow visitors into your home.
- Do not go to work, school, or public areas, and do not use public transportation or taxi services.
- You should not leave the house, call before seeking medical care.
- If you are on chronic medication, make a plan for someone to collect it when it is due.
- If you need supplies or groceries, ask someone who is not a contact to shop for you and place by the door.

If you do develop any symptoms, please contact the nearest health-care facility or call 16649.

- Fever
- Cough
- Difficulty in breathing / Shortness of breath
- Other early symptoms to watch for are body aches, sore throat, headache, runny nose and muscle pain.
- Wear a surgical mask if you have flue-like symptoms when you are in the same room with another person and when seeking medical care.

Practice good hygiene at home

- Frequently wash your hands with soap and clean water and ask everyone in your household to wash their hands. Remember to wash your palms, the back of your hands, in between your fingers, around your thumbs, and up to your wrists. Use alcohol based hand sanitiser if available.
- Cover your mouth and nose with a flexed elbow or a tissue when coughing or sneezing. Throw the tissue safely and immediately wash your hands.
- Frequently clean and disinfect used and touched surfaces with a bleach solution.
- Keep as much fresh air circulating as possible – open windows or sit outdoors.

Ministry of Health & Wellness
COVID-19 CALL CENTRE: 16649

Vision: A Healthy Nation by 2023

Values: Customer Focus, Botho, Timeliness, Equity, Teamwork, Accountability.