



REPUBLIC OF NAMIBIA

Ministry of Health and Social Services

QUARANTINE FOR COVID-19 BASIC FACTS

What is quarantine for COVID-19?

Quarantine for COVID-19 is when you keep away from other people because you have been exposed to someone who is infected with COVID-19 and you might also be infected with the virus. Quarantine can be in a government facility or at your own home, depending on your home situation and the number of cases in the area where you live.

What is isolation for COVID-19?

Isolation for COVID-19 is when you keep away from other people because you are infected with COVID-19. Isolation can be in a government facility or at your own home, depending on your home situation.

How do I know if I need to go into quarantine?

You must quarantine if you have had close contact with someone who has a laboratory-confirmed positive test result for COVID-19.



Who is a close contact?

Close contact means being within 1-2 metres of a confirmed case for more than 15 minutes. Contact does not have to be direct physical contact (touching, hugging, etc.).

Will the Ministry of Health and Social Services tell me that I should go into quarantine?

If someone who tests positive for COVID-19 lists you as a close contact, the Ministry of Health and Social Services will contact you and inform you. The Ministry will discuss with you where you should quarantine.

What happens if I know that I am a close contact of someone who tests positive for COVID-19 but the Ministry of Health and Social Services does not contact me?

If you learn that someone you know has tested positive for COVID-19 and you have had close contact with this person, you should go into quarantine even if you have not been contacted by the Ministry of Health and Social Services yet. You can call the toll-free helpline on **0800 100 100** if you would like more information about quarantine.

If you know that you are a contact, please take action to protect your health and the health of the people around you by staying at home for 7 days from the last time you had contact with a person who is infected. This will help stop the virus from spreading in your community. You must test from day 7 in order to end quarantine. You must wait for your results before you end your quarantine.

Do I need to go into quarantine if someone I know has been tested for COVID-19 but has not received the result?

You should quarantine yourself during this time if you think it is highly likely that this person will receive a positive result (for example if the person has been hospitalized) or if you have contact with vulnerable people who could become seriously sick if you were to pass on the virus (for example, elderly family members or if you share an office with someone who has an underlying condition such as heart disease). You must quarantine yourself if you start to develop COVID-19-like symptoms and get tested for the virus. Staying at home when you are sick is an action you can take to protect your health and prevent spread to others.



QUARANTINE FOR COVID-19

BASIC FACTS

How long do I need to be in quarantine?

You should quarantine for a minimum of 7 days from the time that you had contact with someone who has tested positive for COVID-19. On day 7 you can be tested for COVID-19. You need to wait for the result before your quarantine can end. If you receive a negative result, you may continue with your normal daily life.

If you develop COVID-19-like symptoms while you are in quarantine before day 7, you should be tested for COVID-19. If your test result is positive, you will go into isolation.

What should I do if I feel unwell while I am in quarantine?

If you develop COVID-19-like symptoms while you are in quarantine, you should call your local clinic. A healthcare provider can help make a decision if you need to be tested. You can also call the toll-free helpline on **0800 100 100** if you would like more information about what to do or to find a testing site near you.

What are the symptoms of COVID-19?

The symptoms of COVID-19 are: cough, sore throat, fever, shortness of breath, chills, new loss of taste or smell, fatigue, body pain, headache, confusion, chest pain or pressure, runny nose, nausea, vomiting, diarrhea. You may only have one or two of these symptoms and not all of them. Some people do not have any symptoms.



If I go into quarantine, does my whole family have to go into quarantine?

If your whole family has had close contact with someone who has tested positive for COVID-19, you all need to go into quarantine. For example, if your uncle came to have dinner at your house and he tests positive for COVID-19, everyone who was at meal will probably be a close contact and will need to go into quarantine.

If it is only you who has had close contact with someone who has tested positive for COVID-19 and you can keep separate from members of your family who live in your household, you are the only one who needs to quarantine. If you cannot keep separate (for example if you are a single parent and you have young children), you may want to have your whole family quarantine. You should maintain distancing in your household as much as possible and all of you should frequently wash your hands.

If I go into quarantine, can my husband or wife still go to work?

If you can keep separate from your husband or wife, he or she can still go to work. You can still use shared areas, such as the kitchen or bathroom, but you should thoroughly clean these areas after using them. If you cannot keep separate, your husband or wife should also quarantine. Your spouse should discuss the situation with his or her employer. You should also consider whether your spouse will knowingly come into contact with anyone who is particularly vulnerable, such as someone who is elderly or who has a long-term condition.



HELP LINE:
0800 100 100

