



REPUBLIC OF NAMIBIA

Ministry of Health and Social Services

What to do once you have been tested for COVID-19

1

Go home, stay at home, wait at home

Once you have been tested for COVID-19, you must go to your home, or the place where you will choose to quarantine, and remain there. You cannot return to work or school, visit friends or family, go to public places, shops or go anywhere else. You must remain at home and stay away from other people.

While you are waiting for your result, you should keep your distance from the other people in your household. If possible, you should separate from the other people in your household. If this is not possible, your family members should also remain at home until you receive your results and know what action to take. You should maintain physical distancing in your household as much as possible, wear masks and frequently wash your hands with soap and water for at least 20 seconds.

If you receive a negative result, you may continue with your normal daily life.
If your test result is positive, you must go into isolation.



When you receive your results, you will know whether you can continue your daily life or if you must go into isolation. If you go into isolation, your family members in your household will probably need to go into quarantine and be tested for COVID-19.

You should monitor your health and the health of the people in your household. 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. If you are infected with COVID-19 you may experience one or more of these symptoms.

You should telephone your local clinic if you are worried about how you or someone in your household is feeling (especially if you have shortness of breath, chest pain or pressure, or confusion). You can also phone the toll-free helpline on **0800 100 100**.

2

Make a list of people you have had close contact with

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).

Have you been to the following places in the last 4 days?

Think about where you have been in the last 4 days to remember who you have had close contact with. This may include:

- Work
- School
- Church or other religious meeting
- Shops
- Restaurants, cafés, shebeens
- Visiting someone else at their house
- To an appointment such as dentist, doctor, clinic, haircut or something else
- Used public transport or driven in someone else's car





QUARANTINE FOR COVID-19

BASIC FACTS

Who have you been around in the last 4 days?

You can use the table below to think about who you have seen in close contact in the last 4 days. If you test positive for COVID-19, a contact tracer from the Ministry of Health and Social Services will ask you about your close contacts. This list will help you. The sooner you write the names down, the more chance you have of remembering everyone you have had contact with. This is important because if people know they had been in contact with someone with COVID-19, they can go into quarantine. It is also helpful to write the names down as soon as possible in case you feel too unwell to write the names down later.

You can tell these contacts that you have been tested for COVID-19 and are waiting for the results.

NAME AND SURNAME	PHONE NUMBER	DATE YOU SAW THEM	PLACE YOU SAW THEM	DETAILS OF CONTACT (WEARING MASK, PHYSICAL DISTANCE, ETC)

Every time we isolate and quarantine people who are infected and exposed to the virus, we stop the spread of the virus and keep the most vulnerable people in our society safe.

3

If you test positive for COVID-19, you can tell your close contacts that they will need to quarantine.

The Ministry of Health and Social Services will inform your close contacts that someone they have been in contact with has tested positive for COVID-19. There are sometimes delays with the Ministry phoning contacts so you may wish to inform the people you have had close contact with that you have tested positive. Your contacts can get more information about quarantine by calling the toll-free helpline on **0800 100 100**.



**HELP LINE:
0800 100 100**

