

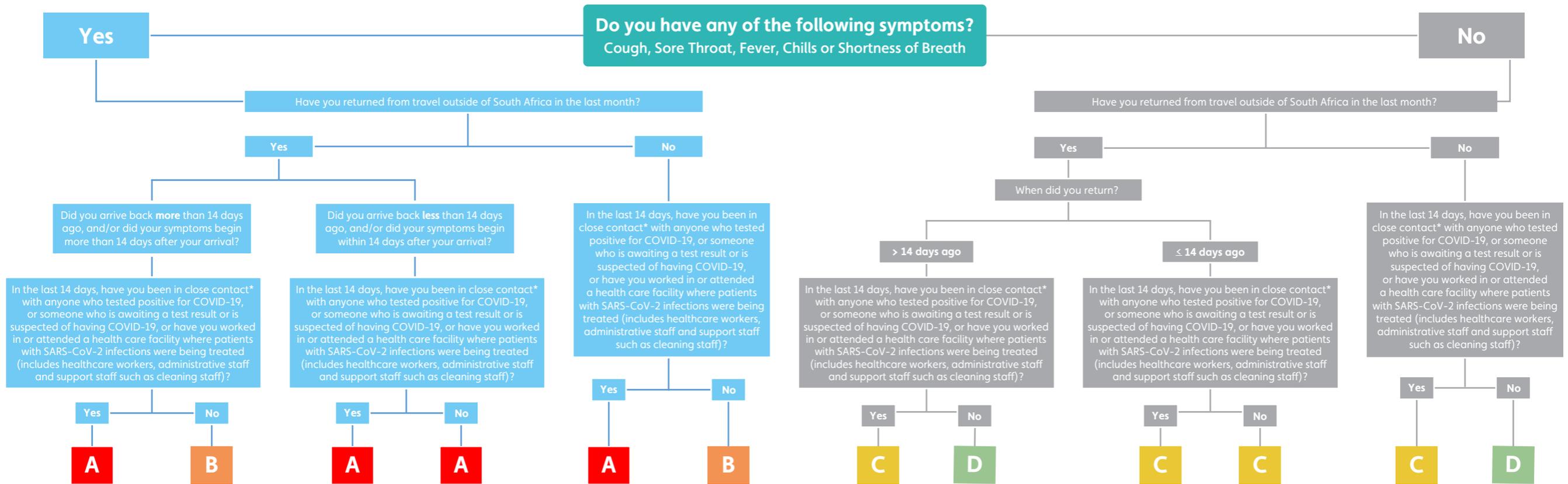
# Risk Assessment

Please follow the question tree most applicable to you to determine your risk and recommended actions.

## \*Close Contact is defined as:

1. A person having had face-to-face contact ( $\leq 1$  metre) or in a closed space with a COVID-19 case for at least 15 minutes. This includes, amongst others, all persons living in the same household as a COVID-19 case and, people working closely in the same environment as a case.
2. A healthcare worker or other person providing direct care for a COVID-19 case, while not wearing recommended personal protective equipment or PPE appropriate for the type of care being provided.
3. A contact in an aircraft sitting within two seats (in any direction) of the case, travel companions or persons providing care, and crew members serving in the section of the aircraft where the case was seated.

**Note:** Symptomatic persons are considered infectious from 2 days before symptom onset to at least 14 days after symptom onset.



Document subject to change. Refer back to [www.intercare.co.za](http://www.intercare.co.za) for the latest version. [Click here to read the full disclaimer.](#)

## Colour Legend

**A** You have indicated that you have one or more symptoms suggestive of COVID-19 and have either been exposed to a confirmed or suspected case or have returned from international travel in the last 14 days. **Testing may be indicated and should be discussed with your healthcare provider.** A doctor's referral is required before having a sample taken. Contact your healthcare provider before going to the practice, as they may be able to screen and refer you telephonically. You can also call the Intercare Helpline on 086 999 0099 (Mon – Fri 08:00 – 16:00) for further guidance. If you are planning to visit a practice or laboratory for sampling, notify them upfront and expose as few people as possible while travelling there, wearing a face mask if possible or at least practicing social distancing and good hand and respiratory hygiene.

**B** You have indicated that you have one or more symptoms that could be suggestive of COVID-19 but that you have not been exposed to any confirmed or suspected cases and have not travelled outside of South Africa in the last 14 days. **Testing is still only indicated when both symptoms and an exposure or travel history is present.** It is still possible that another virus or bacteria is causing your symptoms. However, you should still seek medical care for your condition, and take precautions to protect others including practicing social distancing, cough and sneeze etiquette, and good hand hygiene. Contact the Intercare Helpline on 086 999 0099 Mon – Fri 08:00 – 16:00) for further assistance.

**C** You have indicated that you do not have symptoms suggestive of COVID-19, but have been exposed to a confirmed or suspected case or have travelled outside of South Africa in the last 14 days. **Testing is only indicated for persons with symptoms.** However, you may transmit the virus up to two days prior to developing symptoms. It is thus essential to self-quarantine and monitor for symptoms. Note that quarantine is different to just remaining home as per the current lockdown. Quarantine means not just staying at home, but also following measures to reduce the risk of transmission to those you live with. Tips for self-quarantine are [available here](#). Speak to your healthcare provider or call the Intercare Helpline 086 999 0099 (Mon – Fri 08:00 – 16:00) for further guidance.

**D** You have indicated that you have no symptoms suggestive of COVID-19 and have not been exposed to any confirmed or suspected cases and have not travelled outside of South Africa in the last 14 days. **Testing is only indicated for persons with symptoms and with an exposure or travel history.** It is unlikely that you require a consultation or test for COVID-19. It is still important to maintain good hand hygiene, practice cough and sneeze etiquette, continue social distancing and avoid touching your face. Remember to respect and support the lock-down period.