



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

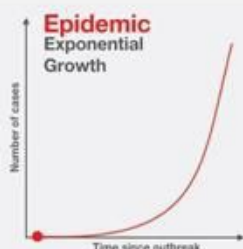
2 July 2020



SARS-CoV-2 is the virus that causes COVID-19.
A SARS-COV-2 PCR test performed on a deep throat sample taken through the mouth or nose can diagnose current COVID-19 disease.

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).



There is a limit to the quantity of tests available in South Africa and worldwide.
The demand for testing is increasing exponentially.
Please help us to use this limited resource for those who really need it.
Please do not test if it is not necessary.

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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