



Republic of Botswana

Ministry of Health and Wellness

NOTICE

CORONA VIRUS

Instructions for Contacts

If you have been identified to have had close contact with someone who might have infection with the novel coronavirus while they were infectious, you must:

- Isolate yourself at home for 14 days from your exposure to the infectious person.
- You should not leave the house, except for seeking medical care.
- If possible you should stay in a different room to other people as much as possible.
- Wear a face mask when you are in the same room as another person and when seeking medical care.
- Use a separate bathroom if available.
- Do not go to work, school, or public areas, and do not use public transportation or taxi services.

Ministry of Health & Wellness
Tel: 363 2756/7
Toll free number: 0800 600 740

Vision: A Healthy Nation by 2023

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





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Daily watch for signs and symptoms:

- Fever
- Cough
- Shortness of breath
- Other early symptoms to watch for are body aches, sore throat, headache and runny nose, muscle pain

If you develop these symptoms

- **Call 3632273, 3632756 or 3632757 (07:30 - 22:00) and 997 After 22:00**
The health authorities will assess and advise you on what to do next.
- Continue to keep yourself apart from other people as much as possible (eg in a different room).
- Wear a face mask if you have one.
- If you can't get hold of the health authorities, see a doctor, preferably at a hospital emergency department, as soon as possible. Phone the hospital before attending so they can make arrangements for when you arrive to prevent possible spread of infection to others.

Do not travel on public transport and do not attend any public places.

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