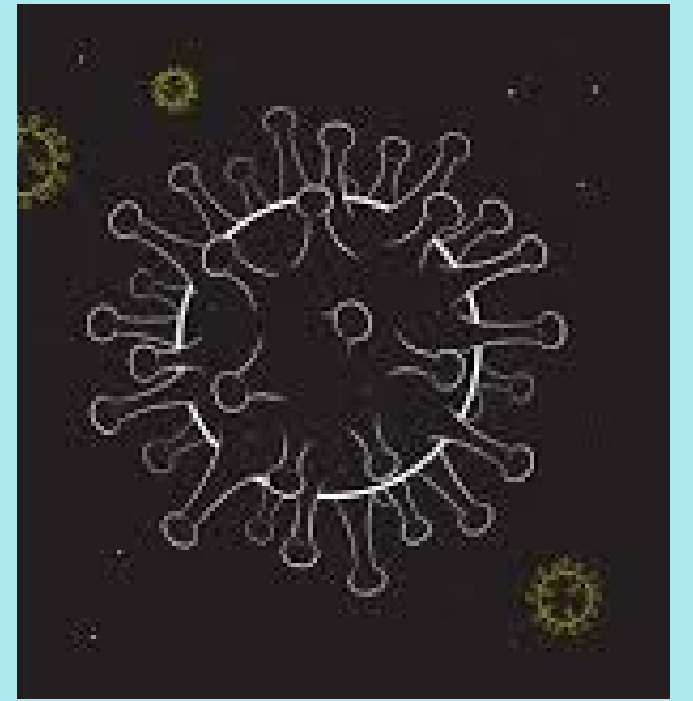


# SHOULD I GET TESTED FOR COVID-19?



IF YOU HAVE COME INTO CONTACT WITH SOMEONE WHO WERE POSITIVE WITH COVID-19 OR AT RISK OF COVID-19

**PLEASE GET A COVID-19 PCR TEST!**

## **If the test is POSITIVE**

- STAY CALM
- SELF ISOLATE
- GET READY TO BE ADMITTED
- THE HOSPITAL OR DIVISIONAL HEALTH OFFICE WILL CONTACT YOU ASAP

## **If the test is NEGATIVE**

- MAINTAIN PHYSICAL DISTANCE
- WEAR MASK AT COMMON AREAS
- REPEAT ANOTHER PCR TEST IN 10-14 DAYS
- CONTACT YOUR DOCTOR, YOU MIGHT NEED A BLOOD TEST FOR CONFIRMATION

**PROTECT YOUR FAMILY. GET TESTED TODAY!**

# How to recognize you or your family members are at risk of COVID-19?

- Multiple family members fall sick over the last few days.
- Friends or relatives that visited or recently meet falling sick.
- Most of the COVID-19 infection may not cause fever, might be only body aches or tiredness or stomachache or loose stool.



# **What should you do when you suspect you or your family members are infected?**

- Seek medical attention.
- Request for COVID 19 PCR test.
- Do not leave your house even though your symptoms are mild.
- Isolate yourself from your family members (refer to below).
- Put on mask even at home when you talk to your family members.

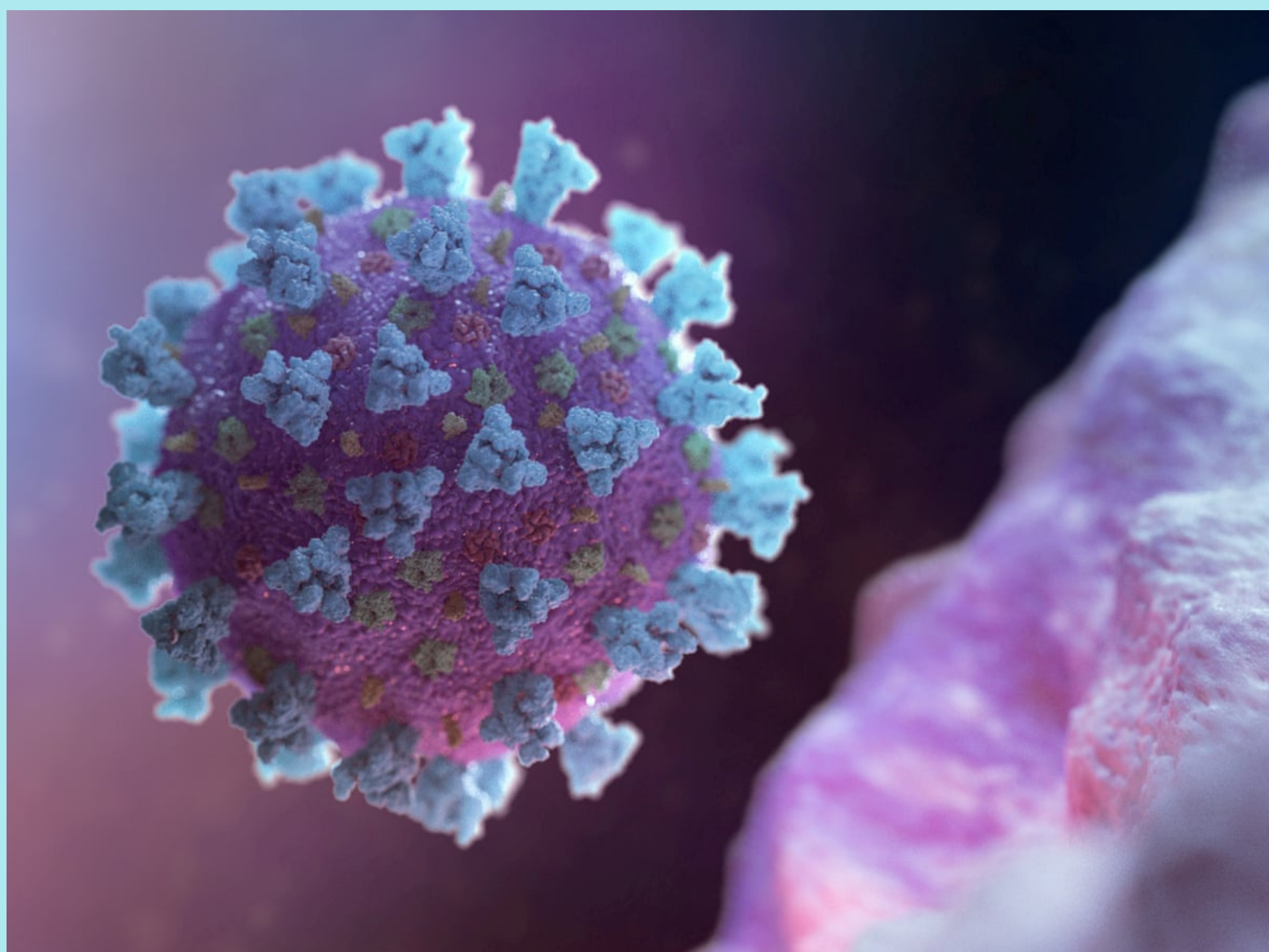
# **AM I CONSIDERED A CONTACT TO A POSITIVE CASE?**

- You are considered a contact to a positive case if You have spent greater than 15 minutes face-to-face in direct contact with a positive case, especially in an enclosed space OR you have direct contact of any duration within the past 2 weeks with a positive case.
- All contacts of a positive case must immediately undergo self-isolation at home and wait for further instructions from Divisional Health Office.
- Please remain patience whilst awaiting follow up instructions from your respective Divisional Health Office as contact tracing might require 2-3 days to be done.
- If you are feeling unwell whilst undergoing home self-isolation, please contact your respective Divisional Health Office or call 999.
- If you are well but didn't receive a call from the health services team after 72 hours of the diagnosis of the positive case, please contact your respective Divisional Health Office.



# THAT PLACE HAD COVID-19!

- Locations identified visited or resided by confirmed COVID-19 cases will be disinfected and the location would be clean.
- The locations are important to prompt those who visited the place at the same time with the positive cases to get tested.



# HOW CAN I SAFELY ISOLATE MYSELF AT HOME?

- Isolate yourself in your own room during the self-isolation period.
- Do not share a bathroom
- If you need to leave the room, always wear your face mask.
- Handle your own laundry.
- Have food delivered outside your room, preferable with disposable kitchen utensils.
- Drive yourself for scheduled PCR tests.
- DO NOT share a car with other family members.
- DO NOT use e-hailing car service.
- DO NOT leave your home except for scheduled follow up tests.
- If you develop symptoms, you need to get a COVID-19 PCR test done as soon as possible.

# **HOW CAN I SAFELY ISOLATE MY CHILD AT HOME?**

- If your child is too young to care for himself/herself, designate a family member to be isolated together with your child.
- This person should be a healthy family member staying in the same house who is at low risk of developing severe COVID-19 disease.
- Do NOT send your child to stay with other family members (e.g grandparents) who are at high risk of developing severe COVID-19 disease.

# Divisional Health Office

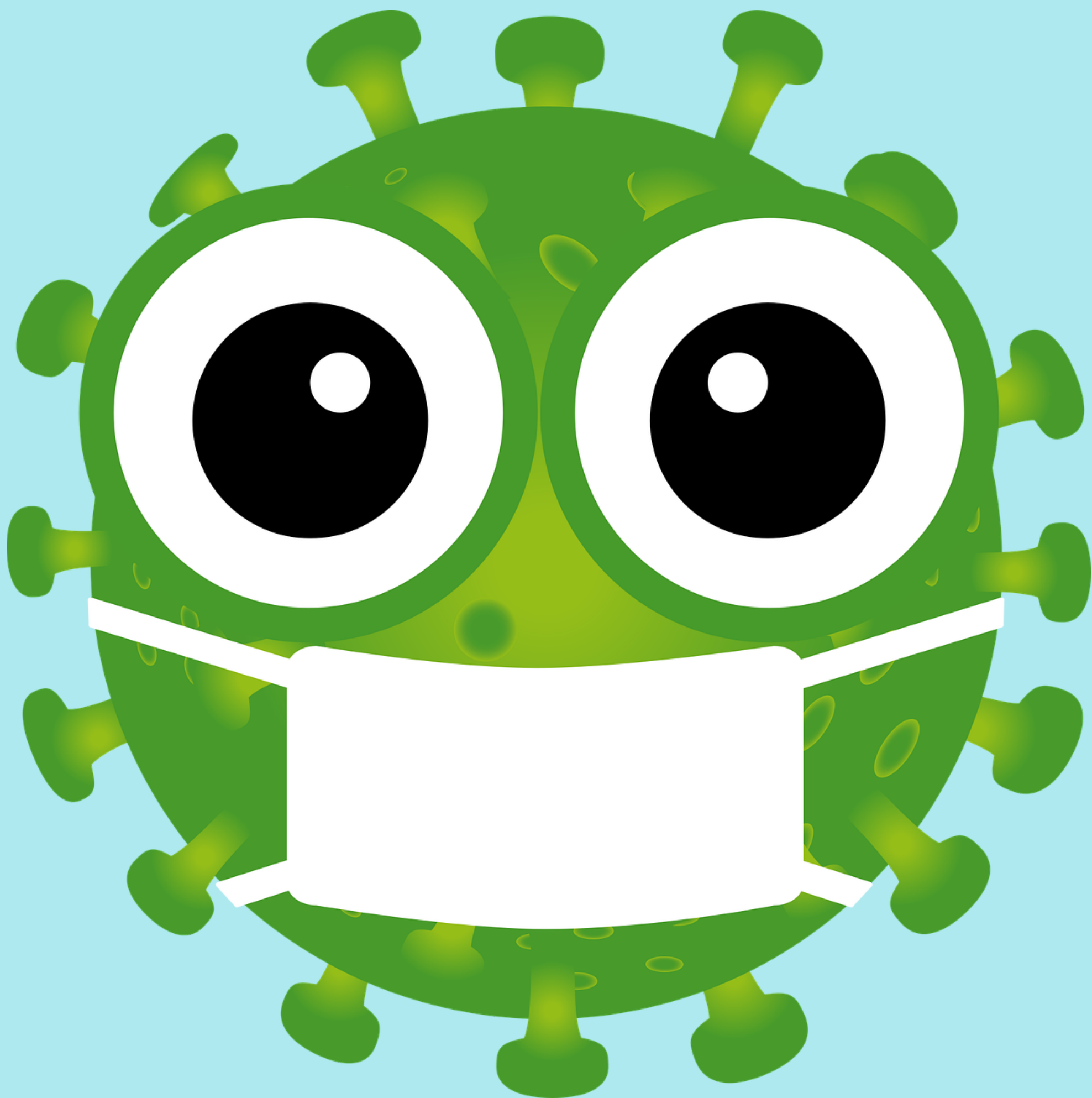
## Helplines



- Kuching - 082244533, 082244520, 082244543, 0196025694, 0109787433, 082763116 (Bau), 082735108 (Lundu)
- Kota Samarahan - 082672101
- Serian - 082872331
- Sri Aman - 083320230, 0198183603
- Betong - 083472360
- Sarikei - 084652815, 0198183603
- Sibu - 084345862
- Mukah - 084873302
- Kapit - 084799264
- Bintulu - 086315235
- Miri - 085322085, 085410722
- Limbang - 085211726



**If you are unsure of  
your status,  
talk to your doctor.**



**Keep yourself safe.  
Keep your family safe!**

Yours sincerely,  
SGH COVID-19 response team  
October 2020