

Guidance for Management of COVID-19 Cases & Contacts

Ministry of Health, Interim Guidance (v3.0), January 2022

Common symptoms of COVID-19 illness

Anyone who develop symptoms consistent with COVID-19 infection (see below) are advised to attend their nearest fever clinic at the soonest, for further evaluation and testing.

More common (typical of Omicron):

- Headache
- Fatigue
- Runny Nose
- Body aches

Less common (typical of Delta):

- Fever
- Cough
- Diarrhoea
- Shortness of Breath

Symptoms of Severe Illness:

- Chest pain
- High, persistent fever (>39°C)
- Persistent, severe cough
- Shortness of breath

- *If these develop, call local clinic and/or 141 urgently for assistance.*

General measures to protect yourself:

- Ensure good control of medical conditions – take all prescribed medications for them.
- Maintain a healthy lifestyle – have a balanced diet, take regular exercise (150 minutes per week), adequate sleep (7 to 8 hours per night) and adequate sun (20 minutes per day) and fluid intake.
- Adherence to public health measures – correct and consistent use of face-masks, physical distancing, avoiding crowds, respiratory and hand hygiene.
- COVID-19 Vaccination – 1st/2nd/3rd doses, as indicated and available.

Self-management of COVID-19 cases and contacts

If you are newly diagnosed with COVID-19 infection

- Must self-isolate at home for **7 days** from diagnosis.
- Inform workplace.
- Inform close contacts and at home and at workplace and advise them to take a day 5 test.
 - It is most important to inform people you have had close contact with within 2 days before onset of symptoms, and first five days after onset of symptoms, as this is the most infectious period, where COVID-19 is likely to spread.
- If asymptomatic, self-monitor for COVID-19 symptoms.
- If symptomatic,
 - May take measures to relieve symptoms (e.g. paracetamol for fever).
 - Monitor for symptoms of severe COVID-19 illness (see above), even after completion of isolation (severe illness, where it occurs, typically starts day 10 to 14 after infection).
- Maintain a healthy lifestyle during and after isolation (see above).
- **If symptoms not resolved by day 7 of isolation, extend isolation to 10 days.**
- Individuals with no/mild symptoms are encouraged to continue to work-from-home.

- Contact the Disease Surveillance and Response Unit of the PHA (DSRU@health.gov.sc) for exit papers (isolation certificate).
- For workers, above measures will be coordinated between the individuals, their workplace and relevant officials of the Public Health Authority.

If you are exposed to someone with COVID-19

- Individuals spending prolonged periods of contact with an infectious person with COVID-19 are considered close/high-risk contacts (focusing on same household and same workplace/office).
- Other individuals are considered low-risk contacts.
- Self-monitor for symptoms for 14 days.
- Individuals in quarantine are encouraged to continue to work-from-home where feasible.
- **Close/high-risk contacts** should additionally:
 - **Home-quarantine for 5 days.**
 - **Take a PCR test at day 5.**
 - Exit quarantine if day 5 test is negative (and resume work/activities, with strict adherence to public health measures, and self-monitoring).
 - **Where a high-risk contact is a critical worker**, they can take a baseline PCR test, and if negative, be exempted from quarantine, with a repeat test on day 5 (as above).
- **Low-risk contacts** should additionally:
 - **No quarantine** required, if without any COVID-19 symptoms.
 - **Take a PCR test at day 5.**
- Any contacts who develop COVID-19 symptoms should attend the fever clinic as soon as possible for assessment/testing, in addition to above measures.
- Anyone who tests positive, should follow guidance for new positive cases (see above).
- For workers, above measures will be coordinated between the individuals, their workplace and the Public Health Authority.

COVID-19 Vaccination

What vaccines are available, and where?

Pfizer and Sinopharm vaccines are being offered in various vaccination sites across Mahé, Praslin and La Digue. Please refer to weekly press release from the Ministry of Health for details.

When to take your doses?

- 1st dose – as soon as possible.
- 2nd dose – as per appointment given for 2nd dose.
- 3rd dose – at least 4 months after 2nd dose.

When to vaccinate after you test positive (cases)?

Wait for 8 weeks from infection prior to taking your next vaccine dose due.

When to vaccinate after you are exposed to COVID-19 (contacts)?

If without symptoms for first 14 days, you may take next vaccine dose due immediately thereafter.