

Guidance for Management of COVID-19 Cases & Contacts

Ministry of Health, Interim Guidance (v3.1), October 2022

Common symptoms of COVID-19 illness

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

Common Symptoms:

- Headache
- Sore throat
- Fatigue
- Runny Nose
- Body aches

Less common Symptoms):

- 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 /4th 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.
- Must wear well- fitting mask up to 10 days when in presence of others or in public places
- Inform very close contacts at home and at workplace and advise them to take a fifth day 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
- Maintain a healthy lifestyle during and after isolation (see above).
- **If symptoms are not resolved by day 7 of isolation, continue to exercise preventive measures to protect others or see your health practitioner.**

- For exit papers (isolation certificate).
 - All antigen positives should receive sick leave / isolation certificate at the health center where the test was conducted.
 - All PCR positives, isolation certificates will be issued by Disease Surveillance and Response Unit (DSRU).

Contact DSRU of the PHA (DSRU@health.gov.sc) or Call 141

Exposure 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 workplace).
 - All contacts should Self monitor closely and may continue to work if asymptomatic
 - Must wear a close fitting masks in the presence of other persons
 - **Should receive** a fifth day test if asymptomatic.
- Any contacts who develop COVID-19 symptoms should attend the nearest health centre as soon as possible for assessment/testing.
- Any contact 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.
- 4th dose – at Least 4 months after 3rd dose if above 18 years

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