

Guidelines: COVID-19 or other infectious respiratory illnesses

Outpatients and General Population

People who are infected with COVID-19 or other infectious respiratory illnesses do **NOT** need to isolate, but should follow the precautions outlined below.

People who have been in any type of contact with those infected with COVID-19, do **NOT** need to quarantine.

People who are infected with COVID-19 or any infectious respiratory disease **should**:

1. Where logistically possible, avoid being with others within indoor spaces, for five days.
2. When contact with others does occur, then both the infected person and all their contacts should wear a mask (preferably a surgical mask, but at least a cloth mask when a surgical mask is not available).
3. Particularly try to avoid contact with the elderly (>60 years) and anyone with co-morbidities (diabetes, lung disease, heart disease, kidney disease, cancer, uncontrolled HIV, immunocompromised), for five days.
4. Avoid social gatherings (particularly indoor ones) for five days.
5. When coughing/sneezing cover their mouth and nose with a tissue and discard the soiled tissue into a bin, or cough/sneeze into an elbow.
6. Wash their hands with soap and water, or rub with 70% alcohol, regularly.