

COVID-19

ENQUIRIES

CALIBRE CALL CENTRE - 0800 203-551

The following are common COVID-19 infection symptoms:

- Fever 95%
- Dry cough 70%
- Fatigue 40%
- Shortness of breath

The following are uncommon symptoms

- Headache
- Diarrhoea

When you call Calibre, you will be taken through some questions to help you evaluate your risk of having contracted COVID-19.

These questions are not diagnosing you as only a healthcare professional can take swabs, which will go to a pathology laboratory to perform the diagnosis.

Once you have answered the questions you will be able to self-evaluate if you need to contact your local healthcare provider for further investigation.

The call centre can provide you with a limited set of contact numbers as provided by the State and the private hospitals.

The call centre does NOT provide details regarding:

- Spread of the disease (epidemiology)
- Statistics of infections
- Treatments
- Methods of self-isolation

Personal Protection remains:

- Hygiene
 - Wash your hands regularly with soap or an alcohol-based hand sanitiser for 20 secs
 - Avoid touching your eyes, nose and mouth with unwashed hands.
 - Avoid close contact with people who are sick
 - Cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue in the bin
 - Clean and disinfect frequently touched objects and surfaces.
 - Social distancing

Source of some of the information - COVID-19, online resources & news portal
www.sacoronavirus.co.za



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in association with
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Providing Workplace Wellness Solutions

