



GOVERNMENT NEWS



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HOW DO I KNOW I HAVE RECOVERED FROM COVID-19?

- It is important to note that there is a difference between being fully recovered and being ready to come out of isolation.
- The following criteria are specified for de-isolation of a person who tests positive for COVID-19:
 - a) Symptomatic patients with mild disease (not requiring hospitalisation for Covid-19) can be de-isolated 10 days after the onset of their symptoms, provided their fever has resolved and their other symptoms are improving.
 - b) Hospitalised patients with moderate-severe disease (who require hospitalisation due to COVID-19) can be de-isolated 10 days after achievement of clinical stability (i.e. from when they are not requiring supplemental oxygen and are otherwise clinically stable).
 - c) Asymptomatic patients can be de-isolated 10 days after their test.
 - d) Repeat PCR (Polymerase chain reaction) testing is NOT required in order to de-isolate a patient and is not recommended.
- It is common for patients to continue to have symptoms for longer than the 10 days. Full recovery may take several weeks for some patients, especially for symptoms such as fatigue, cough and anosmia (loss of sense of smell).
- Patients admitted to hospital can continue their isolation period at home or at an isolation facility once clinical stability has been achieved. Source: NICD
- For more information visit: <https://www.sanews.gov.za/south-africa/how-do-i-know-i-have-recovered-covid-19>



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Government Communication and Information System
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