

# YOU ONLY NEED A TEST IF...

A quick guide for testing of Covid-19.

KNIGHTS  
PREPARATORY SCHOOL



# QUICK REFERENCE

This table of contents is hyperlinked, so click away to any section.  
Keep an eye out for the buttons at the bottom of the page too.

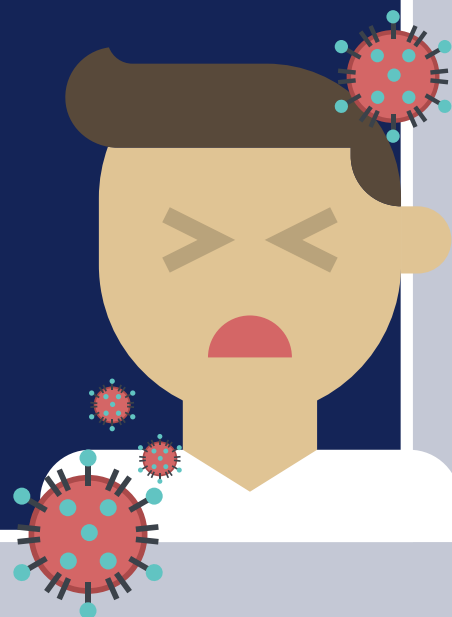
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# AM I AT RISK?

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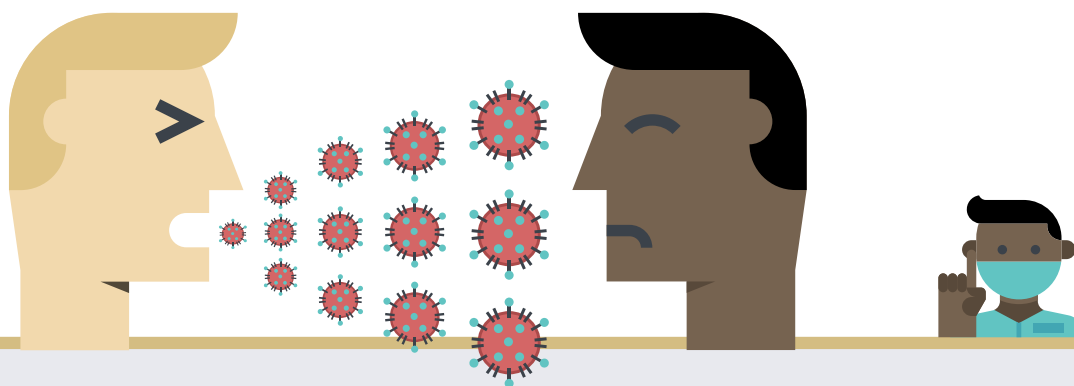
You are only considered  
at risk if you have had  
**DIRECT CONTACT**  
with a lab diagnosed person.



# WHEN MUST I TEST?

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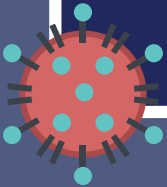
- If you have **DIRECT CONTACT** with a known patient & are symptomatic.
- If you are admitted to hospital.



# WHAT IS DIRECT CONTACT?

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**Not wearing a mask or PPE, being in close proximity of less than 1.5m for longer than 15 minutes, kissing, sharing crockery or utensils, not sanitising after shaking hands, someone coughing on you etc.**



# DO I NEED TO ISOLATE?

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If you have had **DIRECT CONTACT** with someone who has a **LAB CONFIRMED** diagnosis of COVID-19, you need to **SELF-ISOLATE FOR 14 DAYS**.

If you have had contact with someone who has had contact with a known positive patient (**CONTACT OF A CONTACT**) you do **NOT** need to isolate.

**IT'S THAT SIMPLE.**



# HOW LONG SHOULD YOU WAIT BEFORE TESTING?

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**5-6 DAYS AFTER CONTACT** with patient  
(If you have direct contact with a positive patient & you are symptomatic)

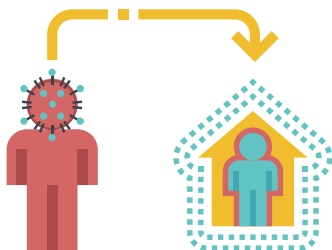
Your incubation period is **2-14 DAYS**.  
Going for a test **the day after**  
exposure **is of no value** and not  
clinically indicated. The test  
**WILL BE NEGATIVE** if you are in  
your window period of infection.



# MUST I GET TESTED AGAIN?

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**YOU DO NOT NEED  
REPEAT TESTING** after  
**14 DAYS OF SELF-ISOLATION**  
in order to return to work.





# THANK YOU AND BE SAFE.

KNIGHTS  
PREPARATORY SCHOOL



011 789-6778 | 011 789-6779  
[enquiries@knightsprep.com](mailto:enquiries@knightsprep.com)  
[www.knightsprep.co.za](http://www.knightsprep.co.za)