

## CHECK IF YOU NEED A COVID-19 TEST

For timely prevention and management of COVID-19, answer the following questions to assess if you are at risk of infection and need to be tested.

-		YES	NO
1	Do you have flu and a running nose?		
		YES	NO
2	Do you have dry cough and sore throat?		
		YES	NO
3	Do you have a fever (body temperature higher than normal/usual)?		
		YES	NO
4	Are you having difficulty breathing?		

Have you been in direct contact with someone suspected or

confirmed to have the Coronavirus?



wash/sanitize your hands regularly and avoid touching your face

If you have only ticked any or all of the first three yellow YES boxes (have a fever, or cough, or flu) and the rest are ticked NO, you do not need a COVID-19 test. Keep assessing the situation. Stay at home, wash/sanitize your hands regularly, cover your nose and mouth while coughing and keep a distance from other people.

If you have ticked an extra yes (one or both the red yes boxes) for questions four to five you could be at high risk of COVID-19 call the MOH toll free helplines provided below and you will be tested from home or guided on what to do.



919, 0800 100 066, 0800 203 033, 0800 303 033



0770 818 139



