

Government calls for citizens to isolate and quarantine again, reinstates contact tracing

The Western Cape Government Health has reinstated its previous policy regarding Covid-19 contact tracing, quarantining, testing and isolation.

This follows after the amended National Policy issued in December 2021 was officially withdrawn.

The current recommendation with regards to quarantine and isolation are:

Quarantine:

- If you have been in contact with someone who tested positive for Covid-19, you must quarantine for 10 days.
- Quarantine is not required if you have had prior infection less than 90 days ago.

Isolation of asymptomatic people

Isolate for 10 days from date of testing positive for Covid-19

Isolation of mild cases (not hospitalised)

- Isolate for 10 days from date of symptoms (even if you did not go for testing, assume you are positive if you have symptoms).
- No need for Covid-19 test after isolation period to return to work or school.

Isolation of severe cases (hospitalised)

- Isolate for 10 days from the date where there is no longer a requirement for supplemental oxygen.

- No need for Covid-19 test after isolation period to return to work or school