



WHEN DO YOU NEED EMERGENCY CARE?

Consult the list below for information on COVID-19 symptoms that require immediate medical attention.

| VISIT AN EMERGENCY CENTRE WHEN YOU HAVE: | |
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|  | <ul style="list-style-type: none"> • Trouble breathing • Persistent pain or chest pressure • Signs of confusion • An inability to stay awake • Pale, gray, or blue discolouration of skin, lips or nail beds |

Monitor your condition and keep a record of any worsening symptoms.

| WE ADVISE THE FOLLOWING: | |
|---|---|
|  | <ul style="list-style-type: none"> • Contact your doctor if you are concerned that your condition is deteriorating. • If you are in respiratory distress, please go to your nearest Emergency Centre. • If you cannot get to an Emergency Centre, please call ER24 on 084 124. |

PLEASE NOTE THAT THE LIST OF SEVERE SYMPTOMS IS NOT COMPLETE. CALL YOUR DOCTOR IF YOU EXPERIENCE ANY CONCERNING SYMPTOMS OR PHYSICAL DISTRESS.

To complete a self-assessment for emergency care, visit <https://bit.ly/37eXy1S>

For more information, call the Mediclinic Southern Africa COVID-19 Hotline on 0860 24 00 24.

EXPERTISE YOU CAN TRUST.