



COVID-19: PATIENT INFORMATION

1. COVID-19 is a virus that is spreading efficiently through close personal contact and will affect most of us over the next period of time.
2. COVID-19 is not deadly for the most of us.
3. Social distancing is the best form of protecting the Namibian population and yourself.
4. Social distancing is avoiding all unnecessary contact of 2 meters.
5. There is currently no proven treatment for COVID-19.
6. Self-containment of 14 days is the most effective way of managing COVID-19 infection.
7. Respiratory distress (shortness of breath) should be evaluated at a Medical Facility.
8. If you suspect symptoms of COVID-19 infection, you must first contact your local Healthcare Provider telephonically.

HELPLINE / EMERGENCY Numbers:

Lady Pohamba Private Hospital	+264 83 335 9040
Khomas Medical Centre	+264 81 246 4280
Ministry of Health & Social Services	0800 100 100