

# WELCOME TO ENSO HEALTH & WELLNESS

- Should you wish to be seen by a health care professional please **Register** on our website OR contact reception at **087 821 6770** to make an appointment.

## COVID-19 MESSAGE

- Please notify us telephonically **PRIOR** to your appointment should you answer **'YES'** to any of the following questions:
  - Do you have (or have had in the last 14 days) any flu symptoms such as **sore throat, fever, dry cough, shortness of breath, muscle aches, headaches &/or dizziness, runny/blocked nose or diarrhoea?**
  - Have you been in **close contact (<2meters for more than 20minutes)** with anyone who has tested positive for COVID-19 in the last 14 days?
  - Have you had close contact with anyone who has been suspected to having COVID-19 in the last 14 days?
  - Have you had a **positive or negative** COVID-19 test in the last 14 days?

*\*\* If you answered 'YES' to any of these questions, please initiate self-isolation and contact you known GP for telephonic consultation and further instructions.*

- **Please make sure you wear a mask** when attending your consultation, out of consideration for all other health care workers as well as other patients.
- We are adhering to all updated **safety protocols** as required by the NICD government guidelines in order to protect all our health care workers, as well as to create a safe environment for all our patients.
- Should you have any questions about our current COVID-19 Protocol, please don't hesitate to contact us, or visit the **South African CoronaVirus Resource Portal** at <https://sacoronavirus.co.za/> or **National Institute for Communicable Diseases (NICD)** at <https://www.nicd.ac.za/diseases-a-z-index/covid-19/covid-19-contact-resources/> for more information.

**COVID-19**  
Online Resource & News Portal  
[SAcoronavirus.co.za](https://sacoronavirus.co.za)



**health**  
Department:  
Health  
REPUBLIC OF SOUTH AFRICA



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*Health & Wellness*

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