

LOSING A LOVED ONE TO COVID-19

As your loved one has passed away from COVID-19, your loss will be complicated by the need to prevent coronavirus from spreading further.

FIND WAYS TO COPE WITH YOUR LOSS

Losing a loved one affects everyone differently; there is no right or wrong way to feel. Understanding what happened to your loved one may help. Speak to the healthcare workers who cared for them or others who know about COVID-19.

Talk about your feelings to a friend, relative or counsellor.



Take good care of yourself. Get enough sleep and avoid using alcohol and other substances to relieve your grief.

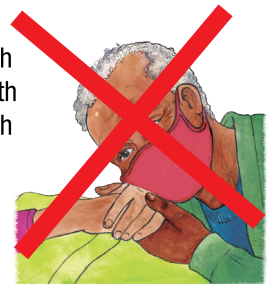


GET HELP WITH LOGISTICS:

- Register your loved one's death. You will need their identity document and death notification from the hospital. Ask an undertaker for help.
- Arrange a funeral. (When someone has died of COVID-19, cremation is recommended).

PROTECT YOURSELF AND OTHERS FROM CORONAVIRUS.

- Regulations to prevent coronavirus from spreading may not allow you to see your loved one's body. If you are able to do so, avoid touching or kissing them. It is okay to speak to your loved one while standing next to their body.
- If you receive your loved one's belongings, wash the clothing and linen with hot water and soap. Disinfect other items (phone, spectacles, toiletries) with diluted bleach solution. After handling unwashed laundry and objects, wash your hands well.
- If you had close contact with your loved one in the past 10 days, you may have caught coronavirus. You should quarantine (separate) yourself for 10 days from last contact to prevent passing it on.



24HR NICD HOTLINE : 0800 029 999 | PROVINCIAL HOTLINE : 033 846 6000

IT'S IN OUR HANDS



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