

# CORONAVIRUS

## What is Coronavirus?

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus.

The disease causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty breathing. You can protect yourself by washing your hands frequently, avoiding touching your face, and avoiding close contact (2 meter or 6,5 feet) with people who are unwell.

## How does it spread?

People may be sick with the virus for 1 to 14 days before developing symptoms. The most common symptoms of coronavirus disease (COVID-19) are fever, tiredness, and dry cough. Most people (about 80%) recover from the disease without needing special treatment.



Contact with infected person



Touching eyes, Nose & mouth



Sneezing & Coughing

## Symptoms



## Prevention Tips



Stay home and self-isolate from others in the household if you feel unwell



Avoid close contact (2 meters or 6,5 feet)



Avoid touching eyes, nose & mouth with unwashed hands.



Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub



Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze



Avoid crowded places

# What should I do if I think I have CORONAVIRUS?

- + Do not Panic
- + First, phone General Public Helpline 0800 029 999 and follow their advice.
- + Stay home, except to get medical care as directed by the helpline. Do not go to work, school, or public areas. Avoid using public transport or taxis.
- + Rest, ensure you drink plenty of fluids and use medications (like paracetamol) as needed to reduce fever and/or pain.
- + Avoid close contact with those who are sick. When in contact with others, wear a mask if available.
- + Avoid sharing dishes, drinking glasses, cups, eating utensils, towels, or bedding – after using these, wash them well.
- + Use strict prevention measures listed previously
- + Only discontinue home isolation in consultation with helpline/healthcare provider (usually 14 days).

South Africa COVID-19 Hotline

**0800 029 999**



*The most important thing you can do is to prevent spread in order to keep you, your family and your community safe.*