

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 metres) with other people.

How does Coronavirus 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.



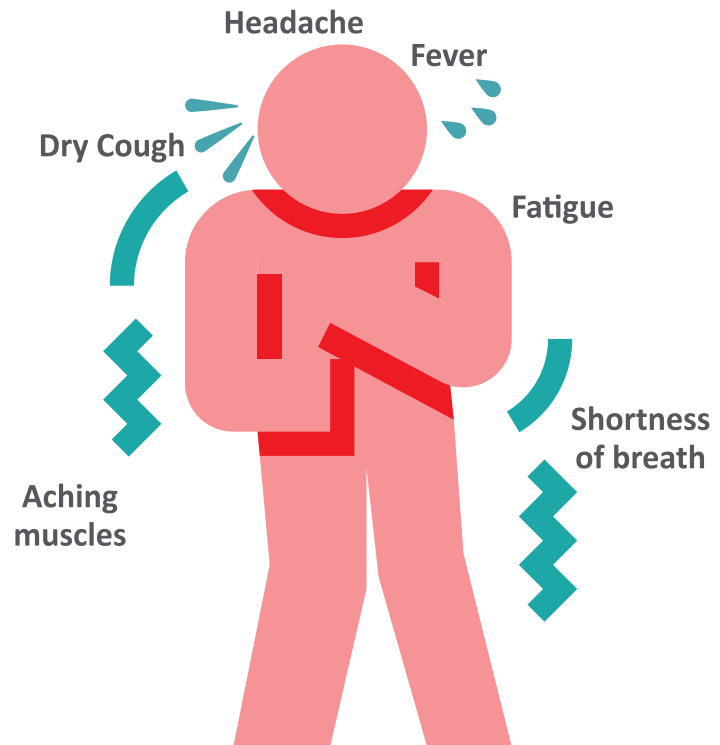
Contact with
infected person



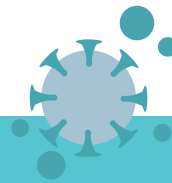
Touching eyes,
Nose & mouth



Sneezing &
Coughing



Common Symptoms



Prevention Tips



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



Avoid close contact (2
meter social distancing)



Avoid touching eyes,
nose & mouth with
unwashed hands.



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



Cover your nose and
mouth with a dispos-
able tissue or flexed
elbow when you
cough or sneeze



Avoid crowded places

Source: World Health Organisation

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What do I do if I think I may have CORONAVIRUS?

- ⚠ Do not panic
- ⚠ Contact **0800 029 999** and follow their advice
- ⚠ Stay home, unless 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 (such as paracetamol) if needed to reduce fever or pain
- ⚠ Avoid close contact with those who are sick. When in contact with others, wear a cloth mask
- ⚠ Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding – after using these, wash them well
- ⚠ Use strict prevention measures listed previously
- ⚠ Only leave home isolation in consultation with the helpline or your healthcare provider (usually after 14 days)

The most important thing you can do, to protect yourself, loved ones and community, is prevent the spread of Corona

South African COVID-19 Hotline

0800 029 999