

CORONAVIRUS – COVID-19

General advice

What is COVID-19?

A respiratory illness similar to flu (cough, fever, fatigue & aching body/muscles). More commonly than flu, it can become severe causing viral pneumonia (difficulty breathing).

4 out of 5 people will have a mild illness and recover without treatment. The elderly and those with underlying health conditions have increased risk of severe illness. Cases in children are rare.

How does it spread?

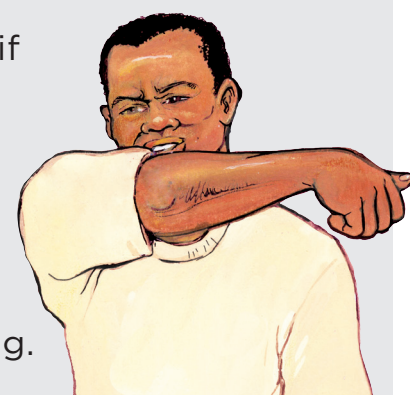
You can pick up coronavirus from:

- Touching an infected surface or object. The virus can enter your body when you touch your nose, mouth and eyes.
- Very close contact (1-2 metres) with a sick patient.



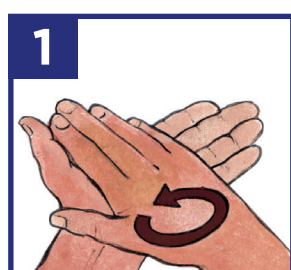
Prevent spread to keep you and your family safe:

- Cover your mouth and nose with a tissue or your sleeve/elbow (not your hands) when coughing/sneezing. Discard used tissues immediately and wash your hands.
- Avoid close contact with those who are sick. Wearing a mask is unlikely to protect you if you are well. People who are coughing and sneezing who wear a mask are less likely to infect others.
- Avoid touching face, eyes, nose or mouth.
- Clean and disinfect frequently touched objects and surfaces (counters, bedside table, doorknobs, bathroom surfaces, phones).
- Wash hands often, especially before handling food/after using toilet or coughing/sneezing.

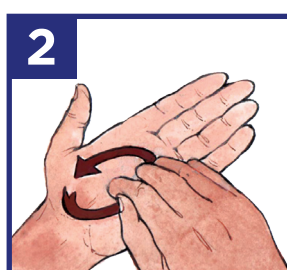


Wash your hands well

- Use these steps to wash your hands for at least 20 seconds.
- Roll up your sleeves, rinse hands in clean water and apply soap to palm of hand:



Rub palms together.



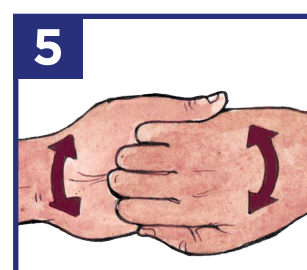
Rub tips of nails against palm. Swap hands.



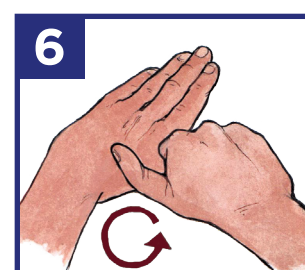
Rub fingers between each other.



Place one hand over back of other, rub between fingers. Swap hands.



Grip fingers and rub together.



Rub each thumb with opposite palm. Swap hands.

- Rinse your hands with clean water and dry on paper towel or allow to dry on their own.

National General Public Hotline +27 800 029 999

Provincial Hotline +27 21 928 4102

National WhatsApp +27 600 123 456

Operating 24 hours per day.

For more information:
www.westerncape.gov.za/coronavirus



Western Cape
Government
Health



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

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What if I develop symptoms?

What are the symptoms of COVID-19?

The more common symptoms of COVID-19 are the same as flu and include: fever, cough, difficulty breathing, fatigue, body/muscle aches.

When should I be concerned that I may have COVID-19?

Only suspect COVID-19 if you have a fever with a cough or shortness of breath AND have in the last 14 days:

a) travelled internationally or to an area where COVID-19 is actively spreading from person-to-person in the community

OR

b) had close contact with a confirmed or suspected case of COVID-19

If you are feeling short of breath or have difficulty breathing, seek health care urgently.

Call ahead to your doctor or alert health facility as soon as you arrive:
tell them about your symptoms and any recent travel/contacts.
Expect to put on a mask before you enter the facility.

What should I do if I think I have COVID-19?

- Do not panic.
- First, phone General Public Helpline **0800 029 999** or the **Provincial Hotline 021 928 4102** 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 on the other side of this leaflet.
- Only discontinue isolation in consultation with helpline/healthcare provider (usually 14 days).

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