

# Coronavirus in Cape Town Winter 2020

## 5 Golden Rules

1. Wash hands
2. Don't touch face
3. Keep apart
4. Cover your cough
5. Sick? Stay home

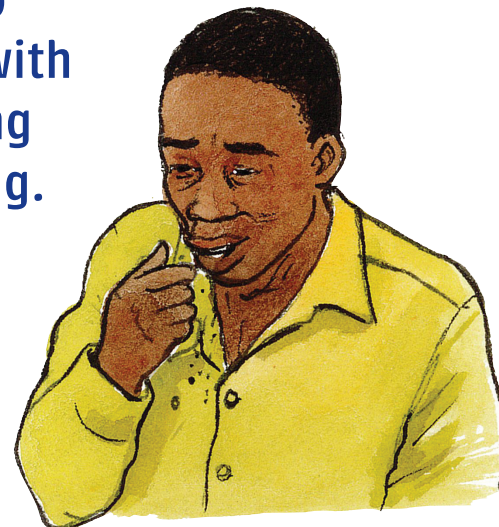
## Take extra care if you are elderly or at risk of severe COVID-19

- Strictly follow the 5 Golden Rules of Good Hygiene.
- Stay home as much as you can.
- Limit the people you interact with.
- Ask someone to do your shopping and collect your medication or grant/pension.
- Adhere to your chronic treatment. Restart it if you stopped it.



## What is coronavirus disease (COVID-19)?

- COVID-19 symptoms are similar to having flu. It can cause cough, fever, a sore throat, loss of smell or taste.
- Most people will have a mild illness and can be safely managed at home.
- Some will develop severe COVID-19 with pneumonia causing difficulty breathing.
- There is currently no vaccine or cure for COVID-19.

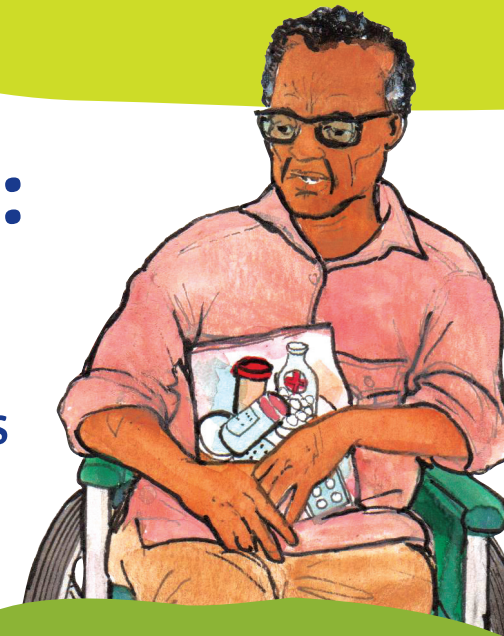


## Who will be tested for COVID-19?

- As more people get COVID-19, it will not be possible to test everyone.
- Tests will need to be kept for those at risk of severe COVID-19 and for health workers.

## You could be at risk of severe COVID-19:

- If you are 55 years or older or
- If you are any age and have:
  - Diabetes, hypertension or heart disease on treatment
  - Cancer on treatment
  - TB on treatment
  - HIV with poor adherence to ARVs
  - Chronic lung disease on treatment (e.g. asthma, emphysema, chronic bronchitis)



## I have COVID-19 symptoms. Now what?

- If you are at risk of severe COVID-19, contact your health provider, facility or hotline to discuss having a test for COVID-19.
- If you are not at risk of severe COVID-19, assume you have COVID-19. Don't panic. Remember most people have a mild illness. You are unlikely to be tested unless you are at risk of severe COVID-19.
- Stay home unless you have warning signs. If working, inform your supervisor.
- Limit contact with others. Safely isolate in your own room if possible.
- Ask someone to do your shopping and, if needed, collect medication or pension/grant.
- Watch for warning signs, especially at 5-7 days.
- If symptoms are no better after 7 days, contact health provider, facility or hotline.
- You can stop isolation 14 days after your symptoms started.
- Continue to take precautions to prevent COVID-19.

## Warning signs

If you have shortness of breath, persistent chest pain/pressure, confusion or worsening drowsiness, seek help urgently. If needed, call an ambulance.

## Returning to work after COVID-19

A person who has had COVID-19 is likely to recover completely, will no longer be infectious, and can return to work safely at least 14 days after the start of symptoms.



## Be kind

- COVID-19 affects us all. It will infect many of us.
- Be patient. Everyone is suffering and measures to limit the spread are not easy to do.
- Avoid treating those who have had COVID-19 differently. After 14 days, they will no longer be infectious.
- Physical distancing should not mean social isolation. Stay connected and reach out to others.
- Avoid spreading fake news or messages that cause panic and fear.
- Show appreciation for those helping.



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LET'S **STOP** THE SPREAD

FOR MORE INFORMATION:  
[www.westerncape.gov.za](http://www.westerncape.gov.za)



## Coronavirus spreads easily

Every time we leave home, there is a chance we may catch coronavirus:

- By being in close contact (within 1m) with someone who has COVID-19 or
- By touching a surface with coronavirus on it and then touching our eyes, nose or mouth.



## If you are going out, here's how to do it safely

### 1 Think twice

- Only go out if you have to.
- Reduce trips to the shops. Avoid crowded places.

### 2 Follow the 5 Golden Rules of Good Hygiene

### 3 Wear a cloth mask

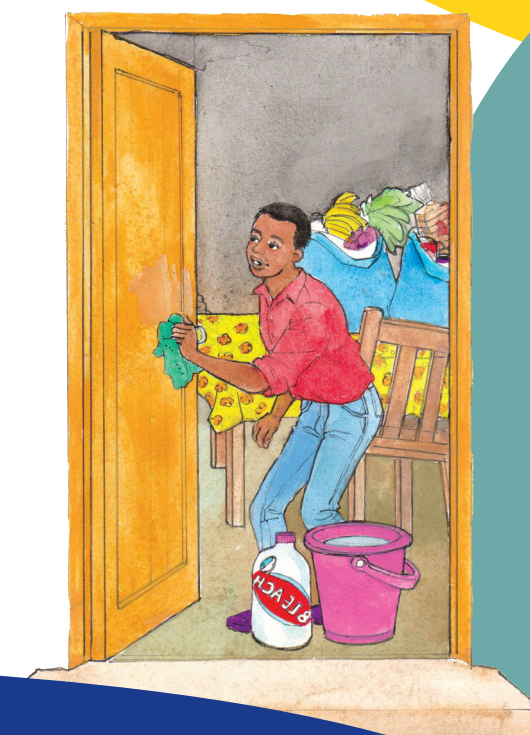
- Use a clean mask every time you go out.
- Ensure mask covers mouth and nose.
- Avoid touching your mask.
- Never share a mask.



### 4 Use hand sanitiser before and after touching items.

### 5 On returning home

- Remove your mask touching straps only.
- Disinfect objects you touched (like keys) and wash hands well before touching anything or anyone in your home.



## Follow the 5 Golden Rules of Good Hygiene

1

Wash your hands often for at least 20 seconds with soap and water.



2

Do not touch your face with unwashed hands.



3

Cough or sneeze into a tissue or your elbow. Throw the tissue away safely.



4

Keep 1,5 metres away from others.



5

Stay home if unwell. Contact a hotline or your health worker.



## Keep your home coronavirus-free

- Disinfect frequently touched surfaces and objects like door handles, keys and cell phones with a diluted bleach solution.
- Wash cloths, sponges and towels frequently.

6x teaspoons



LET'S **STOP** THE SPREAD

## Get the help you need

### COVID-19 symptoms?

- Western Cape Provincial Health Hotline 021 928 4102
- National Coronavirus (COVID-19) Health Hotline 0800 029 999 (tollfree)

### SASSA

- 0800 60 10 11 (tollfree)
- 021 469 0235
- [grantenquiries@sassa.gov.za](mailto:grantenquiries@sassa.gov.za)

### Suffering domestic violence?

- Gender Based Violence Command Centre 0800 428 428 or \*120\*7867# from a cell phone
- Childline SA (ages 0-16 years) 0800 055 555 (24 hour - tollfree)

### Reliable COVID-19 information:

- [www.westerncape.gov.za/coronavirus](http://www.westerncape.gov.za/coronavirus)
- [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)
- [www.who.int](http://www.who.int)



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