

Coronavirus and the 'New Normal': What you need to know

What is coronavirus?

- COVID-19 is similar to flu, causing cough, difficulty breathing, fever and a sore throat.
- More often than flu, it causes pneumonia with difficulty breathing.
- There is no vaccine or cure for COVID-19. A vaccine is only expected in 2021.
- Most people who get it have a mild illness and recover without hospital care.
- Those over 60 years or with a chronic condition like HIV, TB, heart or lung disease are more at risk of severe COVID-19.

Coronavirus spreads easily

- When a person with COVID-19 coughs or sneezes, they leave the virus on surfaces and in the air. You can catch COVID-19 if:
 - You touch these surfaces and then touch your face, eyes, nose or mouth or
 - You have close contact (1,5 metres) with a person who has coronavirus.
- Most people who spread coronavirus have symptoms, but some people can pass on the virus before symptoms start.

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.



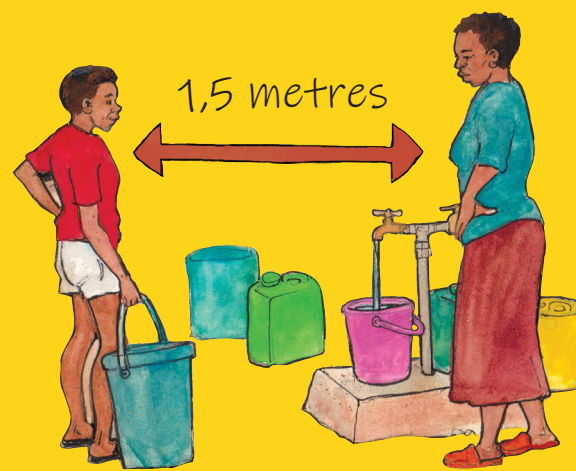
3

Cough or sneeze into a tissue or your elbow. Safely throw away the tissue.



4

Keep 1,5 metres apart from others.



5

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



Physical
Distancing
Social
Solidarity

Not moving around reduces spread

The total lockdown slowed the spread of coronavirus and allowed our health services to prepare for thousands who will need care in the coming months. It has also caused social distress and hunger. As restrictions ease, responsibility for slowing the spread lies with individuals. We need to change our daily behaviour to a 'new normal' until a vaccine is available.



Get screened

The Western Cape Government aims to detect, isolate and care for every person with COVID-19. There are several options:

- Screen yourself using our online tool: coronavirus.westerncape.gov.za/risk-assessment-covid-19
- Trained fieldworkers will come door-to-door. If they think you have coronavirus they will ask you to visit the nearest testing point.
- 18 Testing and Triage centres throughout the Province.
- Screening and testing available at Primary Care Clinics.
- Coming soon: Workplace testing.

Our fieldworkers have ID tags and identifiable clothing. Please support the fight against coronavirus and allow our workers to screen you.

Be kind

- COVID-19 affects us all. It may infect many of us. If you don't know someone with COVID-19 yet, you will soon.
- Be kind to others. Everyone is suffering and the measures to limit the spread are not easy to do.
- Social distancing should not mean social isolation. Stay connected and reach out to others.
- Words matter – don't spread fake news or messages that cause panic and fear.
- Appreciate those who are helping whether health workers, shop workers or community members.

Protect those most at risk of severe COVID-19

If you are over 60 years or have a chronic condition like HIV, TB, heart or lung disease you are more at risk of severe COVID-19.

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



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LET'S **STOP** THE SPREAD

FOR MORE INFORMATION:
www.westerncape.gov.za

Going out? Here's how to do so safely.

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

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

Follow these rules when you leave home:

1 Think twice

Only go out if you have to and your local COVID-19 risk level allows. Reduce trips to the shops. Avoid crowded places. If sick, stay home. If at risk, please stay home.



5 Golden Rules

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

2 Follow the 5 Golden Rules of Good Hygiene

3 Wear a cloth mask

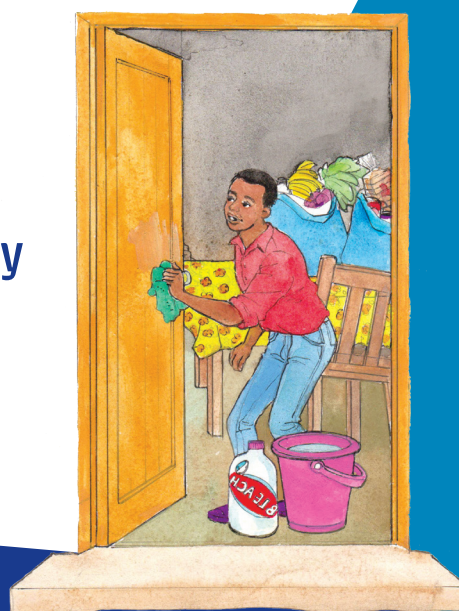
- Put a clean mask on before you leave home.
- On returning home, remove the mask with the straps and set aside until you can wash it.
- Wash your hands before you touch anything.
- Under no circumstances share cloth masks.



4 Use hand sanitizer before and after touching items while out.



- ### 5 On returning home,
- safely remove your mask, wash your hands, disinfect any objects you touched like keys before touching anything or anyone in your home.



Look after your health

Check yourself every day for COVID-19 symptoms. If you develop new cough, difficulty breathing, fever or sore throat contact your health facility or the coronavirus hotline and follow their advice.

Seek healthcare if sick or needing essential care (pregnancy, baby checks, immunisation or family planning).



Look after your mental health: talk to family and friends and take time to relax. Seek help if you are struggling with depression, mental illness or domestic violence.



Exercise regularly.



Limit alcohol and avoid drugs.



Eat healthy food. If you do not have enough money for food, seek help.



Keep your home coronavirus-free

- On returning home, remove your mask and avoid touching objects or surfaces until you have washed your hands.

- Disinfect any object you have touched like door handles, keys and cell phones with a bleach solution.

6x teaspoons



- Regularly disinfect frequently touched objects and surfaces.

- Wash washing up cloths, sponges, drying up cloths and towels frequently.

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)

Need a food parcel?

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- 0800 220 250 (tollfree)
- Send a 'please call me' to 079 769 1207 (tollfree)
- service@westerncape.gov.za

SASSA

- 0800 60 10 11 (tollfree)
- 021 469 0235
- 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
- www.sacoronavirus.co.za
- www.who.int

See separate advice if you have COVID-19 or are caring for someone with COVID-19 at home.



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