LET'S STOP THE SPREAD

Coronavirus (or COVID-19) can cause:

fever **cough** **sore throat** **body aches**

- It is usually mild, but sometimes it can become severe and cause difficulty breathing.
- If you are over 60 years, are pregnant, or have a chronic condition, then you are more at risk of severe disease.
- It is diagnosed using a throat swab test: you only need a test if you have symptoms and have recently travelled internationally or have come into contact with someone who has the virus.

Who should seek care:

- If you recently travelled internationally and you develop respiratory illness (flu-like) symptoms.
- If you develop respiratory illness (flu-like) symptoms after coming into contact with someone who has the virus.
- If you have not travelled overseas and not come into contact with someone who has the virus but you have respiratory illness and your condition worsens.

Protect yourself and your family from getting COVID-19:

Stay home.

Sick? Stay at home and call for advice.

Keep 1.5 metres away from others.

Avoid gatherings.

Cough and sneeze into a tissue or the corner of your arm. Throw the tissue away safely.

Wash your hands for 20 seconds regularly.

Protect yourself if you have a chronic condition like:

HIV **TB** **diabetes** **lung or heart problems**

- Keep your appointments and take your medication correctly every day.
- If you have stopped your medication, go to your healthcare facility to start it again.

Contact one of the hotlines to get advice on what to do next or where to go for testing if you meet one of these criteria.

Coronavirus National Hotline : **0800 029 999**   Coronavirus Provincial Hotline : **021 928 4102**

Western Cape Government

Not sure if you have coronavirus?

Do a self-assessment to find out if you need further assessment.
Visit our website www.westerncape.gov.za/coronavirus and complete the questions honestly to receive immediate guidance on whether or not you need to be tested.

Isolate yourself for 14 days:

- When you return from international travel.
- Stay home if you develop symptoms and have tested positive or are awaiting results.
- Don't go to work or school.
- Avoid public transport and public places.
- Don't have visitors to your home.
- Ask friends and family or delivery services to help with getting groceries and medicine.

Visit your doctor or clinic:

- If you have difficulty breathing, seek healthcare urgently.
- Call ahead or alert the clinic as soon as you arrive.

If your symptoms get worse or you have difficulty breathing, urgently contact your doctor or clinic or phone the hotline:

Coronavirus National Hotline : **0800 029 999**

Coronavirus Provincial Hotline : **021 928 4102**

FOR MORE INFORMATION: **www.westerncape.gov.za/coronavirus**

Prevent spread while isolating yourself:

Wash hands often.

Cough and sneeze into a tissue or the corner of your arm. Throw the tissue away safely.

Clean surfaces (counters, door handles etc.) regularly – use 4 teaspoons household bleach in 1 litre water.

Don't share dishes, cups, eating utensils, towels, or bedding.

Wash items well.

Avoid close contact, even if you live in a crowded place.

Do not hug, touch or kiss.

Open windows and doors.

**Isolation can be difficult – we understand.
But please stay home.
Be kind and support one another through this stressful time.**

Western Cape Government