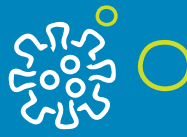


# LET'S STOP THE SPREAD



The coronavirus is spreading, and while we must not panic, we need to know what to do about infection and symptoms.

## WHAT TO DO IF YOU HAVE SYMPTOMS

These are some guidelines:

### How do you know if you have been infected by coronavirus?

Symptoms are a dry cough, fever, shortness of breath and breathing difficulties:

- You might have coronavirus, but do not panic. If you haven't been in contact with an infected person, and you haven't recently travelled to another country, you probably only have flu.
- If you suspect you have coronavirus, first call the Coronavirus Provincial Hotline, for advice.



### How to isolate yourself:



- Stay home for 14 days - don't go to work or see anyone you don't live with.
- Avoid public transport and public places.
- Ask friends and family or delivery services to help with getting groceries and medicine.



### Prevent spread while isolating:

- By washing hands often and covering your coughs and sneezes.
- By cleaning surfaces often, with 4 teaspoons household bleach in 1 litre water.

### Isolate yourself if:

- You have consulted a health professional and have symptoms, OR
- You've had close contact with an infected person, OR
- You've travelled internationally.

It may be difficult, but do the best you can. Now's the time to be kind and support one another through this stressful time.

24 Coronavirus National Hotline :  
0800 029 999

24 Coronavirus Provincial Hotline :  
021 928 4102

24 Coronavirus National WhatsApp :  
0600 123 456



Western Cape  
Government

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