

# 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.

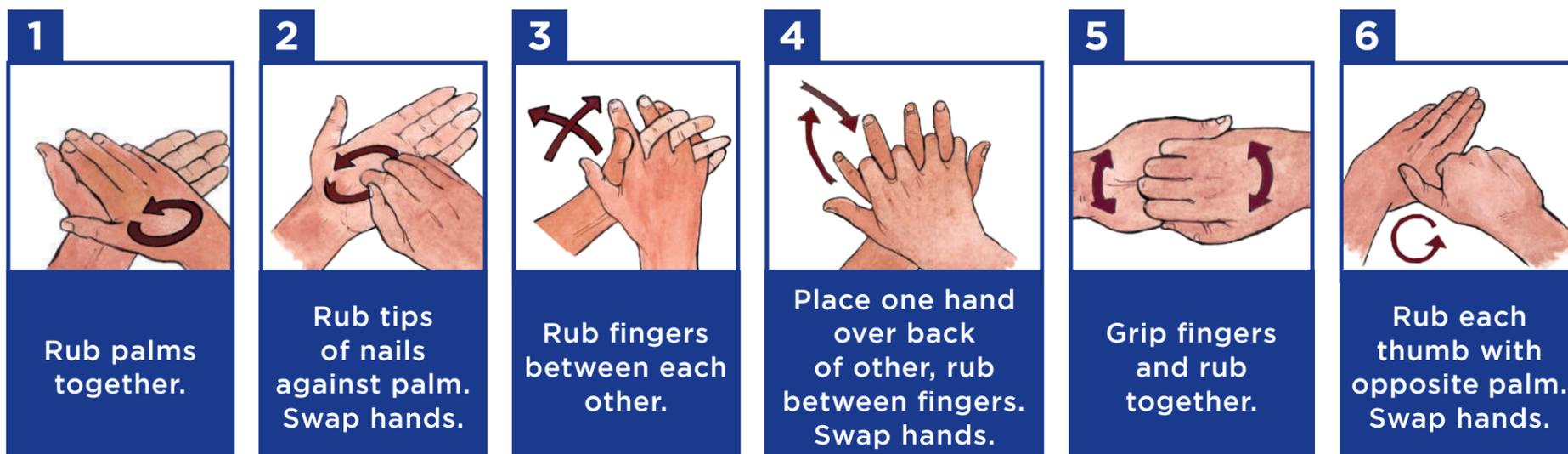
### Prevent spread to keep you and your family safe:



- 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:



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

**General Public Hotline 0800 029 999**

Operating 24 hours per day.

For more information:  
[www.westerncape.gov.za/coronavirus](http://www.westerncape.gov.za/coronavirus)

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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.
- Currently very few people have been confirmed with COVID-19 in South Africa.

### 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 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 home isolation in consultation with helpline/ healthcare provider (usually 14 days).

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