C⊕RONAVIRUS – 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.

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 (1.5 metres) with a sick patient.

Prevent spread to keep you and your family safe:

- Cover your mouth and nose with a tissue or your 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. If no soap and water available, use hand sanitiser instead.
- Roll up your sleeves, rinse hands in clean water and apply soap to palm of hand:
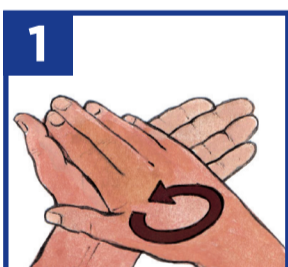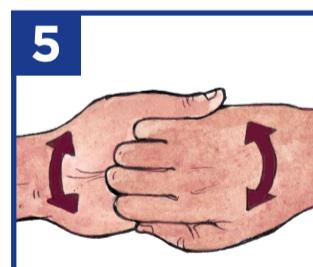
1 Rub palms together.
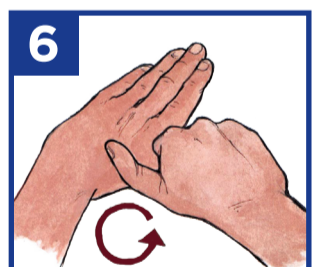
2 Rub tips of nails against palm. Swap hands.

3 Rub fingers between each other.

4 Place one hand over back of other, rub between fingers. Swap hands.

5 Grip fingers and rub together.

6 Rub each thumb with opposite palm. Swap hands.

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

National Hotline	Provincial Hotline	National WhatsApp	Operating
0800 029 999	**021 928 4102**	**0600 123 456**	24 hours a day.

For more information:
www.westerncape.gov.za/coronavirus

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CORONAVIRUS – COVID-19
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.

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 **National Hotline 0800 029 999** or the **Provincial Hotline 021 928 4102** 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 isolation in consultation with hotline/health care provider (usually 14 days).

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

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