

CORONAVIRUS

Let's STOP the spread

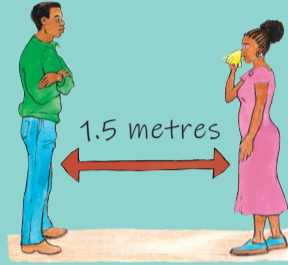
Protect yourself and your family from getting coronavirus:

Wash hands often with soap and water.



Don't touch your face with unwashed hands.

Avoid close contact with people who are sick or have travelled internationally.



Travel safely:

- Open windows.
- Try to not touch surfaces.
- Don't touch your face.
- Wash hands when you arrive.



If you are **over 60 years** or have a **chronic disease** like **HIV, TB, heart or lung disease**, you are more at risk of severe coronavirus:

- Avoid social gatherings.
- If you need chronic medication, take it correctly. If you stopped it, go to your health facility to start it again.



What should you do if you get fever, cough, sore throat and body aches?

You might have coronavirus. Don't panic, most people get it mildly.

- Rest at home, take paracetamol for fever or pain.
- Get advice from your doctor or hotline.
- If you have difficulty breathing, visit your doctor or clinic urgently. Call ahead or alert the clinic as soon as you arrive.



Isolate yourself for 14 days:

- Stay home.
- Don't go to work or school.
- Avoid public transport and public places.



Prevent spread while isolating yourself:



Wash hands often.



Clean surfaces regularly - 4 teaspoons bleach in 1 litre water.



Avoid close contact, even if you live in a crowded place. Do not hug, touch or kiss.



Cover your cough and sneeze.

Don't share dishes, cups, eating utensils, towels, bedding. Wash them well.



Open windows and doors.



It may be difficult to follow this advice - do the best you can. Be kind and support one another through this stressful time.

Hotlines:

0800 029 999 or 021 928 4102 or 0800 111 132

For more information:

www.westerncape.gov.za/coronavirus



Western Cape Government
Health



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