




COVID-19 Resources for the Public

Please read [Terms and Conditions](#) of these resources.

COVID-19 Vaccines


Fact Sheet
12 February 2021



COVID-19 VACCINATION FACT SHEET

There is a lot of scientific evidence that the vaccination protects us against the coronavirus. Being vaccinated can save many of us from becoming very sick with the disease.


General information



What is a vaccine? A vaccine is used to train your immune system to be able to deal with an infection and fight it off in the future.

What is herd immunity? Herd immunity is achieved when many people are vaccinated, and an infection struggles to find someone who can get sick. When a disease can spread very quickly, more people need to be vaccinated to make herd immunity possible.

Is there a vaccine for COVID-19? Yes. In South Africa, the first two vaccines that will be available are the Johnson & Johnson vaccine and the Pfizer/BioNTech vaccine. Other vaccines may also be used as more results become available. All vaccines have been thoroughly tested for safety.




About the vaccine


How will the vaccine be given? You'd get an injection in your upper arm. Some vaccines need two doses at least three to four weeks apart for the best protection (e.g. one injection in September and another one in October). The Johnson & Johnson vaccine is given in one dose only.


Are COVID-19 vaccines safe? All COVID-19 vaccines being used have been tested many times to ensure safety and were specially created to check for any common side effects and safety concerns, including the dominant COVID-19 variant in South Africa, called 501Y.V2. These tests involved people at high risk of COVID-19, but the vaccine hasn't been tested enough to ensure safety in pregnant women and children. More studies are being done to find out if the vaccines are safe for pregnant women and children.

What are the side effects? Side effects are pain and redness in the upper arm where you're injected, headache, and feeling unwell, tired, and feverish. These side effects are usually worse after 1 day and gone within 4-5 days. You can use paracetamol or an anti-inflammatory if you need to.

How was the vaccine made so quickly? The COVID-19 vaccine was made faster than any other vaccine in medical history. Experience with SARS and MERS outbreaks (both caused by coronaviruses), faster manufacturing, funding for multiple trials and regulators moving quicker than before made the process much faster.







English

COVID-19 Vaccine
25 May 2021

May 2021

Just had the COVID-19 vaccine? Well done and thank you!

Mild side effects are common in the first 3 days. Here's what to look out for.



Arm is sore or red at the injection site **Fever/ chills** **Headache** **Fatigue** **Muscle aches** **Nausea**

- Side effects can start around 6 hours after the vaccine and usually resolve in 2-3 days. If needed, treat pain and fever with paracetamol.
- Side effects may be more noticeable if you are young, had COVID-19 before or after the second dose of a 2-dose vaccine course.

These side effects show your body is building an immune response. The technical term for this is 'reactogenicity'. If you do not get side effects it does not mean that your body is not building an immune response.

- If your side effects are severe or last longer than 3 days, contact your healthcare provider or the Western Cape call centre.
- If any of the following symptoms develop within a month of vaccination, go to your nearest emergency centre:
 - New-onset severe headache especially if with blurred vision, vomiting, weakness on one side of the body or difficulty speaking.
 - Severe abdominal pain that does not go away.
 - A rash of tiny red spots around the site of injection.
 - A painful or cold leg.
 - Chest pain or shortness of breath.

Extremely rare side-effects affect 1-7 people per million vaccinated

They include a severe allergic reaction called anaphylaxis (within minutes to hours) and a rare form of blood clots (between 4 days and 3 weeks).



English

Afrikaans

isiXhosa

Advice for people at high risk of severe COVID-19 [WhatsApp version](#)
(English)

Advice for diabetics

15 December 2020

December 2020

Diabetes? We want to keep you safe from severe COVID-19

Coronavirus is in the air and we are breathing in small droplets containing virus. People with diabetes are at risk of severe COVID-19.

Seek care without delay if you get symptoms

If you have symptoms, you need a COVID-19 test.


- Phone your healthcare provider or the COVID-19 hotline **today** to arrange a COVID-19 test. Tell them that you have diabetes.

Seek help urgently if you develop any of:

- Difficulty breathing
- Confusion
- Cannot wake up completely
- Chest pain or pressure that won't go away
- Sudden weakness of arm, leg or side of face
- Sudden loss of speech or vision

COVID-19 symptoms

- Cough
- Fever
- Sore throat
- Loss of smell or taste
- Body aches
- Flu-like illness



High risk patient
15 December 2020

Go to your local health facility immediately. Avoid public transport. If needed,

December 2020

Are you at risk of severe COVID-19?

Coronavirus is in the air. Everyone is at risk of getting and spreading COVID-19.

You are at high risk of getting severe COVID-19 if you are:

- 55 years and older (risk increases with each year) or
- An adult of any age with diabetes

You are at moderate risk of getting severe COVID-19 if you are an adult of any age with any of:

- Current TB
- HIV
- Kidney disease
- Hypertension
- Previous TB
- Chronic lung disease (e.g. asthma, emphysema, chronic bronchitis)
- On cancer treatment

It's tough to know you are at risk of severe COVID-19

Take comfort... take action!

Seek care without delay if you get symptoms

If you get COVID-19 symptoms, (cough, sore throat, loss of smell or taste) phone your healthcare provider or a COVID-19 hotline straight away to arrange a test.

Seek help urgently if you develop any of:

- Difficulty breathing
- Confusion
- Cannot wake up completely
- Sudden weakness of arm, leg or side of face
- Sudden loss of speech or vision
- Chest pain or pressure that won't go away

Go to your local health facility immediately. Avoid public transport. If needed, call an ambulance 0861 911 111

Avoid getting COVID-19

Shield yourself from others

- Do not go out unless necessary, especially if over 55 or diabetic.
- Try not to have visitors.
- If someone at home has COVID-19, keep completely separate or stay elsewhere.

Wear a mask if:

- You have to go out.
- You do have visitors.
- Someone is unwell at home.

Keep clean of coronavirus

Wash or sanitise your hands often.



STAY SAFE



MOVE FORWARD

English
Afrikaans
isiXhosa

WhatsApp version
(English)

Starting insulin for your diabetes
2 March 2021

February 2021

Starting insulin for your diabetes

You need to start using insulin to help you stay well, control your diabetes and avoid its complications. You are likely to need to use insulin every day.

What Is Insulin and why do you need to take extra?

Insulin helps get the sugar from food into the body's cells so it can be used as energy.

With diabetes, your body produces less insulin and the cells ignore the effect of insulin. This means that the sugar remains in your blood, and the cells of your muscles and organs don't get enough energy. Excess sugar in the blood damages the blood vessels which will cause hypertension, strokes and heart attacks and affect your eyes, kidneys and feet. If you don't have enough energy in your muscles and organs you will feel tired and weak.

Using insulin will help you stay well, control your diabetes and avoid its complications.

Does Insulin cause side effects?

Insulin lowers the sugar in your blood. If you use too much, your sugar level might get too low.

If you feel dizzy, sweaty, shaky or confused, you may have low blood sugar. This can be serious if not treated fast. Eat or drink something sugary immediately. Follow with starchy food like a sandwich. If you are no better or it happens more than once, seek healthcare.

Checking your diabetes control

- HbA_{1c} is a blood test you will get at the healthcare facility. It shows the average level of your blood sugar over the past 3 months. Your HbA_{1c} goal is below 8% (ideally below 7%).
- You will check your blood sugar level at home. Your healthcare worker will tell you how and when to do this and how to adjust your insulin dose if you need to. Your blood sugar goal is between 5.0 and 8.5.

Store Insulin and needles with care

- Keep your unused stock of insulin in the fridge. Store opened insulin bottles or pens at room temperature.
- Keep insulin away from the sun and don't keep it for longer than a month.
- Needles are a danger to others. Keep used needles in a safe container.
- Take it to the pharmacy at your healthcare facility to throw away safely.

STAY SAFE

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Western Cape Government

English

Advice for families and people with COVID-19 Afrikaans

isiXhosa

Hospitalisation of a loved one

10 December 2020

December 2020

Your loved one is in hospital with COVID-19

- When severe, COVID-19 commonly causes pneumonia, an infection of the lungs. It may also worsen existing chronic conditions, like diabetes or asthma.
- Your loved one may need to receive care in hospital if they have difficulty breathing, persistent pain or pressure in their chest or confusion.




Keep calm

Loved one is seriously ill
15 December 2020

December 2020

What will happen to my loved one who is seriously ill in hospital with COVID-19?

Everyone is different, so it is not easy to know what will happen. Your loved one may get worse or they may recover. Here is some information to help you understand what they may be experiencing, what you might be feeling and how best to stay in touch safely. If you don't feel ready to read this information, you can return to it at any time.




What might my loved one be experiencing?

Your loved one may be short of breath, be tired and have pain and nausea. They may be confused or be feeling worried, lonely or bored. They may have complications of their existing chronic condition if they have diabetes, hypertension or lung or heart problems.

What is available to ease symptoms?

- If they have difficulty breathing, they will receive oxygen by mask or tubes that sit under the nose. If they struggle to breathe on their own, they may need a ventilator to help them breathe. There is no cure for COVID-19, but there is medication that is helping those with severe COVID-19 pneumonia to improve.
- If needed, they will receive medication for pain and nausea.
- The medication may make your loved one feel drowsy or unsettled.
- Your loved one may have a drip to ensure they get enough fluids.
- They may also need treatment for their existing chronic condition.



Western Cape COVID-19 Hotline 080 928 4102 (tollfree)

Western Cape Government

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English

Afrikaans

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Loss of a loved one

15 December 2020

December 2020


Losing a loved one to COVID-19

As your loved one has passed away from COVID-19, your loss will be complicated by the need to prevent coronavirus from spreading further.


Find ways to cope with your loss

Losing a loved one affects everyone differently; there is no right or wrong way to feel.


Understanding what happened to your loved one may help. Speak to the healthcare workers who cared for them or others who know about COVID-19. Contact the bereavement helpline on 082 925 5938 or 079 872 6408.



Talk about your feelings to a friend, relative or counsellor.



Take care of yourself. Get enough sleep and avoid using alcohol and other substances to relieve your grief.




Protect yourself and others from coronavirus

Get help with logistics

- Register your loved one's death. You will need their identity document and death notification from the hospital. Ask an undertaker for help.
- Arrange a funeral. When someone has died of COVID-19, cremation is recommended.

- Regulations to prevent coronavirus from spreading may not allow you to see your loved one's body. If you are able to do so, avoid hugging or kissing them. It is okay to speak to your loved one while standing next to their body.
- If you receive your loved one's belongings, wash the clothing and linen with hot water and soap. Disinfect other items (phone, spectacles, toiletries) with diluted bleach solution. After handling unwashed laundry and objects, wash your hands well.
- If you had close contact with your loved one in the past 10 days, you may have caught coronavirus. You should quarantine (separate) yourself for 10 days from last contact to prevent passing it on.



STAY SAFE


Discharge advice
15 December 2020

December 2020


Recover from COVID-19 after discharge from hospital

Continue to isolate

- If moderate or severe illness, isolate for 10 days from the date oxygen was stopped or your condition became stable. Your doctor will advise on this.
- If mild illness but admitted for another reason (like diabetes), isolate for 10 days from the date your symptoms started.
- If you have already completed 10 days of isolation, you are no longer infectious and can stop isolation.



Monitor your symptoms




- Symptoms may last for several weeks. This will depend on the severity of your illness and other chronic conditions you may have.
- Ongoing symptoms may include coughing, breathlessness, tiredness, muscle weakness, and difficulties with memory and concentration.
- If your symptoms last more than 6–8 weeks, worsen at any time, return after getting better, or you develop new symptoms, contact your health facility or the Provincial Hotline for advice.

Seek healthcare urgently if you experience any of:


- Difficulty breathing.
- Confusion or are unable to wake.
- Chest pain or pressure that won't go away.

Avoid public transport. Use your own transport or call an ambulance on 0861 911 111.




Manage your cough

- If lying on your back makes your cough worse, try sitting up or lying on your side.
- Stay hydrated by taking frequent small sips of fluids.
- A warm drink, like lemon and honey in warm water, may help to soothe your throat.
- If your cough doesn't go away by 6–8 weeks or you start to lose weight, develop night sweats, fever, chest pain or cough up blood, contact your health facility or the Provincial Hotline for advice.



Western Cape COVID-19 Hotline 080 928 4102 (tollfree)

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WhatsApp version

(English)

Return to work




15 December 2020

December 2020

Returning to work after COVID-19


A person who has had COVID-19 can recover completely and can return to work safely without infecting others.

Complete your isolation period

<p>If mild illness (not admitted to hospital), isolate for 10 days from the date your symptoms started.</p> 	<p>If moderate or severe illness (admitted to hospital), isolate for 10 days from the date oxygen was stopped or your condition became stable. Your doctor will advise on this.</p> 	<p>If you did not have symptoms but tested positive for COVID-19, isolate for 10 days from the date the test was done.</p> 
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When is it safe to return to work?

- **If mild illness:**
 - You may return to work if you have completed your isolation period, you no longer have a fever and your other symptoms are improving.
 - If you have completed your isolation period but still have a fever or your other symptoms have not improved, contact your health facility or the Provincial Hotline for advice.
 - There is no need to retest for COVID-19 before returning to work.
- **If moderate or severe illness,** you may return to work if you have completed your isolation period and your health provider has confirmed that you are fit to return to work.
- **If you did not have symptoms,** you may return to work if you have completed your isolation period.



When returning to work


- Even after recovering from COVID-19, it is still important to continue to wear a mask and make safer choices.
- If your symptoms return or worsen, stay home, inform your supervisor and contact your health facility or the Provincial Hotline for advice.



MAKE SAFER CHOICES

1. Sick? Stay home & arrange a test
2. Keep physical distance
3. Wear a mask
4. Cover your cough
5. Open doors & windows
6. Avoid crowds, close-contact & confined spaces
7. Wash/sanitise hands often

Western Cape COVID-19 Hotline 080 928 4102 (tollfree)



Western Cape Government

STAY SAFE

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Care at home


PACK Home





1


Information and advice for the home:
Be coronavirus safe



COVID-19

Caring for your family at home

December 2020




Use this information if you:

- Test positive for COVID-19 *or*
- Have COVID-19 symptoms *or*
- Have COVID-19 symptoms and are waiting for test results *or*
- Had close contact with someone with COVID-19.

Don't panic!

- Most people with COVID-19 have mild symptoms or no symptoms at all and can be treated safely at home.
- Children are unlikely to become severely ill from COVID-19.
- Adults over 55 years or with a chronic condition are more likely to get severe COVID-19.





- COVID-19 spreads mainly when we breathe in small droplets produced when someone with COVID-19 breathes, coughs, sneezes, sings, talks or shouts.
- These droplets also land on surfaces and objects. Sometimes we can catch COVID-19 if we touch those surfaces and then touch our eyes, nose or mouth.

What you need to do now is to look out for symptoms of severe COVID-19, keep separate from the public and protect those at risk of severe COVID-19.

Look out for COVID-19 symptoms

- You may have a cough, sore throat, loss of the sense of taste or smell, or a fever; in children, there may also be vomiting or diarrhoea. Contact your healthcare provider or phone the Provincial COVID-19 Hotline.
- Seek help urgently if you have difficulty breathing, chest pains or pressure that won't go away, confusion or have difficulty waking up.
- Seek help urgently if **your child** has fast breathing, can't wake up completely, has a fit, won't drink anything or vomits everything.
- Call ahead. Avoid public transport. Use your own transport or if this is not possible, call an ambulance.





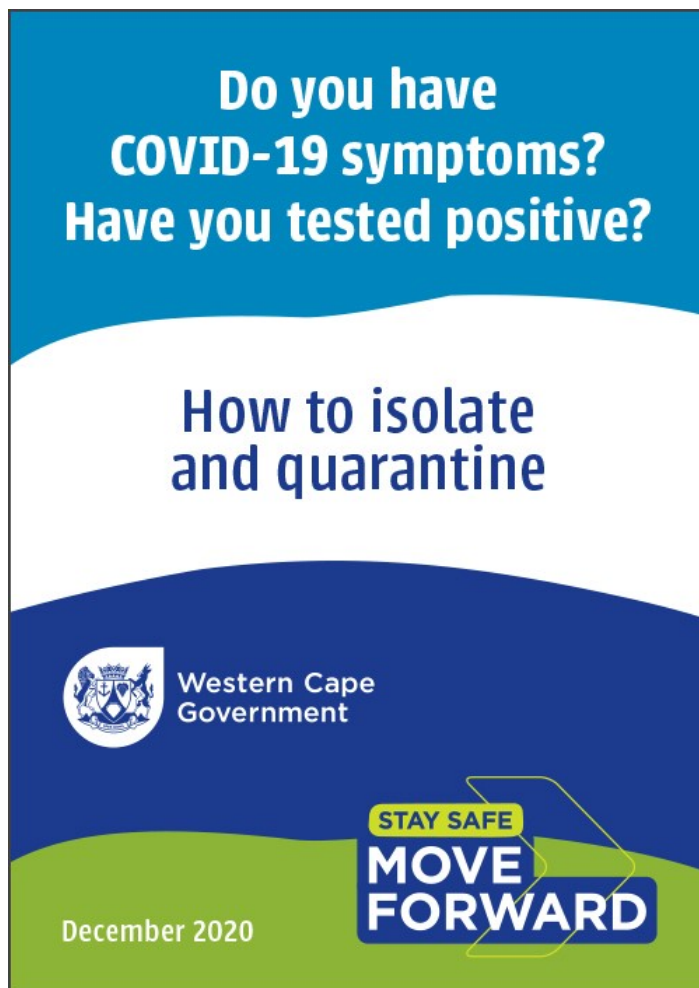
STAY SAFE

MOVE FORWARD

Family care at home
7 December 2020

ons available

- English
- Afrikaans
- isiXhosa



English

Afrikaans

isiXhosa

Protect yourself in Public

Using public transport

9 December 2020

December 2020

Using Public Transport

Protect yourself and others from coronavirus (COVID-19)

COVID-19 is similar to flu, causing cough, fever, sore throat, fatigue and aching muscles.

- COVID-19 spreads mainly when we breathe in small droplets produced when someone with COVID-19 breathes, coughs, sneezes, sings, talks or shouts.
- These droplets also land on surfaces and objects. Sometimes we can catch COVID-19 if we touch those surfaces and then touch our eyes, nose or mouth.





Use a cloth mask safely

Taxi driver and conductor

9 December 2020

1. Wash hands before use.

December 2020

Minibus taxi driver and conductor

Protect yourself and passengers from coronavirus (COVID-19)

COVID-19 is similar to flu, causing cough, fever, sore throat, fatigue and aching muscles.

- COVID-19 spreads mainly when we breathe in small droplets produced when someone with COVID-19 breathes, coughs, sneezes, sings, talks, or shouts.
- These droplets also land on surfaces and objects. Sometimes, we catch COVID-19 if we touch those surfaces and then touch our eyes, nose or mouth

MAKE SAFER CHOICES

1. Sick? Stay home & arrange a test
2. Keep physical distance
3. Wear a mask
4. Cover your cough
5. Open doors & windows
6. Avoid crowds, close-contact & confined spaces
7. Wash/sanitise hands often

Use a cloth mask safely

1. Wash your hands. Place the inside against your face, cover the nose and mouth. Make sure it fits well, don't touch the cloth part.
2. Do NOT TOUCH YOUR FACE or fiddle with the mask. Remove the mask if it is wet. Do not share masks with others.
3. Only touch the straps to take mask off and avoid touching objects and surfaces until you washed your hands.
4. Wash mask with soap and water and dry. Have at least 2 masks so that you have a clean one ready.






Clean the outside of the minibus taxi:

- Wash your minibus taxi daily with soap and water.
- Disinfect with diluted bleach solution (6 teaspoons of bleach in 1 litre water). Wear gloves when cleaning and disinfecting.





+



Clean the inside of the minibus taxi:

- Wipe down the door handles, window ledges and seats with dilute bleach solution (6 teaspoons of bleach in 1 litre water).
- Leave the windows open.



STAY SAFE

MOVE FORWARD



Western Cape Government

English
Afrikaans
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How to shop safely
9 December 2020

December 2020

Coronavirus: How to shop safely

Before shopping, while queueing and entering a store

Before shopping

Avoid shopping if unwell or at risk of severe COVID-19. Ask family or friend to help.



Prepare shopping list and try choose a quiet time so your trip will be quick.



At entrance to store

- Clean handles of shopping trolley or basket with sanitising wipes.
- Clean hands with hand sanitiser.
- Only enter store when advised.





While waiting in queue



- Ensure you have put on cloth mask safely.
- Never share masks with other people.

Clean hands with hand sanitiser before and after using ATM.

Number of people in store will be limited - please be patient.



Western Cape COVID-19 Hotline 080 928 4102 (tollfree)

STAY SAFE
MOVE FORWARD
How to work safely - general workplace
10 December 2020

December 2020


Coronavirus: How to work safely

Prepare and stay safe before work

Prepare


Work clothes

- Choose simple clothing (like t-shirt and pants that can easily be washed when you get home) and closed work shoes.
- Avoid wearing a belt, jewellery, watches.
- Obtain 2-5 cloth masks as you need a clean, dry one each day. Carry a clean spare.




Phone, wallet and keys

Carry only essentials (like access card, bank card).




Food and drink

Bring lunch from home in reusable fabric shopping bag. Use own water bottle, avoid water coolers.



Before work

- If unwell, or had close contact with someone with COVID-19, stay at home.
- Report any symptoms (like cough, fever/ chills, sore throat, body aches, loss of smell or loss of taste or shortness of breath) to your supervisor before you come to work.
- Phone your health care practitioner or Provincial hotline on 021-928 4102 for advice on further assessment and testing.




On the way to work

- Cover your nose and mouth all the time with your mask. Avoid touching your face. If you do, clean your hands immediately.
- Never share a mask with another person.

Keep your distance


Try to keep 1,5 metres apart from others.



When you arrive at work


Clean hands well for at least 20 seconds as you arrive.

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.

Expect to be asked about common symptoms of COVID-19.



Avoid hugging, kissing, shaking hands, high fives.



Western Cape COVID-19 Hotline 080 928 4102 (tollfree)

STAY SAFE
MOVE FORWARD
English
Afrikaans



isiXhosa

WhatsApp version
(English)


Advice for travellers (leaflet)
7 December 2020

Welcome to the Western Cape
Welkom Wamkelekile

Please work with us to stop the spread of coronavirus in our Province by making safer choices:

-  Mask wearing is mandatory in all public spaces in South Africa whether inside or outside. Please mask up.
-  Keep at least 1.5 meters apart from others.
-  Choose outdoor venues.
-  Avoid crowds, close-contact and confined and enclosed spaces.
-  Open doors and windows.
-  Wash/sanitise your hands regularly.
-  If you develop symptoms please call our tollfree COVID-19 hotline **080 928 4102** for advice.

STAY SAFE
MOVE FORWARD

 **FOR MORE INFORMATION:**
Western Cape COVID-19 Hotline: 080 928 4102 (tollfree)
www.westerncape.gov.za

English

Advice for travellers (landscape screen display)
7 December 2020

Welcome to the Western Cape
Welkom Wamkelekile

Please work with us to stop the spread of coronavirus in our Province by making safer choices:

-  Mask wearing is mandatory in all public spaces in South Africa whether inside or outside. Please mask up.
-  Keep at least 1.5 meters apart from others.
-  Avoid crowds, close-contact and confined and enclosed spaces.
-  Choose outdoor venues.
-  Open doors and windows.
-  Wash/sanitise your hands regularly.
-  If you develop symptoms please call our tollfree COVID-19 hotline **080 928 4102** for advice.

STAY SAFE
MOVE FORWARD

 **FOR MORE INFORMATION:**
Western Cape COVID-19 Hotline: 080 928 4102 (tollfree)
www.westerncape.gov.za

English

Protect yourself in your environment

Stay safe with family and friends

15 June 2021

Stay Safe with your family and friends

STAY SAFE
MOVE FORWARD

We must all stand together to beat the third wave of the coronavirus. We can do this by understanding how coronavirus spreads and keeping up our good habits.

- Coronavirus spreads through the air when people breathe, talk, cough, sing or shout.
- It spreads quickly during waves that last several months.



We can protect ourselves by:

- Keeping gatherings small, short and outdoors.
- Making sure we have as much fresh air as possible indoors.
- Wearing our masks when with others or leaving the house.



Mask up!

- A 3-layer cloth mask halves the amount of coronavirus you breathe in.
- Masks protect you and the other person - it shows you care.

Stay home for 10 days and test if you develop coronavirus symptoms:

- Cough
- Sore throat
- Fever
- Loss of smell or taste
- Body aches

Try to stay separate from others in your home. If you can't, wear a mask and open doors and windows.

Go to hospital immediately if you develop:

- Difficulty breathing
- Chest pain or pressure that won't go away
- Confusion
- Can't wake up completely

Western Cape
Government

Western Cape call centre: 0860 142 142
www.westerncape.gov.za

English

Afrikaans

isiXhosa

WhatsApp version

(English)

Protect yourself and others this summer

2 December 2020

December 2020

Protect yourself and others this summer

-  Sick? Stay home & arrange a test
-  Keep physical distance
-  Wear a mask
-  Cover your cough
-  Open doors & windows
-  Avoid crowds, close-contact & confined spaces
-  Wash/sanitise hands often



MASKS

What you need to know

- Coronavirus spreads mainly when we breathe in small droplets produced when someone with COVID-19 breathes, coughs, sneezes, sings, talks or shouts.
- Cloth masks reduce the amount of virus in the air between people.
- Masks should not be used in children younger than 2 years.

"I am wearing my mask to protect you. Please wear yours to protect me."

Do not use N95 respirators.
There is a shortage and we must keep them to protect health workers caring for those with COVID-19.

MAKE SAFER CHOICES

1. Sick? Stay home & arrange a test
2. Keep physical distance
3. Wear a mask
4. Cover your cough
5. Open doors & windows
6. Avoid crowds, close-contact & confined spaces
7. Wash/sanitise hands often



A good cloth mask:

- Has at least 3 layers of fabric (avoid T-shirt material).
- Can be washed in hot water.
- Is square with 3 pleats to fit well.
- Covers from above the nose to below the chin and up to the ears.



Western Cape COVID-19 Hotline 080 928 4102 (tollfree)



STAY SAFE

MOVE FORWARD

English

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Keep home surfaces clean


8 December 2020

December 2020

Be Coronavirus Safe


Keep home surfaces clean

- COVID-19 spreads mainly when we breathe in small droplets produced when a person with COVID-19 breathes, coughs, sneezes, sings, talks or shouts. These droplets also land on surfaces and objects. Sometimes, we catch COVID-19 if we touch those surfaces and then touch our eyes, nose or mouth.
- Regular cleaning and disinfecting of surfaces will help reduce the spread of COVID-19.
- Cleaning will remove the dirt; disinfecting will remove coronavirus.



How to clean and disinfect surfaces


- Wear gloves when cleaning and disinfecting. If the gloves are not disposable, reuse them only for cleaning and disinfecting.
- First clean with detergent (soap) and water, and wipe with a rinsed cloth.
- Then wipe with disinfectant like diluted bleach solution (6 teaspoons bleach in 1 litre water).
- Allow surfaces to air dry.



Bleach


6 teaspoons
bleach

+




Water

in 1 litre (4 cups)
water



When finished,
wash your hands well
with soap and water
for 20 seconds.



Bleach is poisonous

- Do not drink bleach.
- Do not touch your face when using bleach.
- Keep bleach away from children.
- Do not mix bleach with other cleaning products.
- Open windows and doors while using bleach to let fumes out.

STAY SAFE

MOVE FORWARD

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English

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Safety at school

19 January 2021


January 2021

Be coronavirus safe at school

- COVID-19 spreads mainly when we breathe in the small droplets produced when someone with COVID-19 coughs, sneezes, sings, talks, shouts or breathes.
- These droplets also land on surfaces and objects. Sometimes, we catch COVID-19 if we touch those surfaces and then touch our eyes, nose or mouth.



Stay home
If you are sick or someone at home has COVID-19.



Travel safely

- When queuing or walking to school, keep a safe physical distance away from others.
- Wash/sanitise hands before and after travelling and after handling money.
- Sit far apart from others.
- Open windows to help airflow.

Wear a mask

- Use it properly.

Hand hygiene
9 December 2020

December 2020

Hand Hygiene

Wash your hands as often as you can, but especially:


- After using the toilet or changing nappies.
- Before preparing or eating food.
- After caring for the sick.
- After touching frequently touched public surfaces like door handles, ATM keypads and taxi seats.

How to wash your hands

- 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.


20 seconds

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.
- If you have hand sanitiser use it if your hands are not dirty and only if you have no soap and water.

If you don't have running water in your home, make a hand washing container

1

Make a hole in the lid of an empty plastic bottle.

2

Fill the bottle with water.

3

Screw on the lid.

4


Wet hands with a little bit of water.

5


Wash your hands following the steps above.

6


Rinse your hands and the bottle.



Don't touch your face with unwashed hands.



Western Cape COVID-19 Hotline 080 928 4102 (tollfree)



Western Cape Government

STAY SAFE

MOVE FORWARD

English
Afrikaans
isiXhosa

COVID-19 testing and facility care

Criteria for COVID-19 testing in the Cape Metro


16 von 27

14.07.2021, 10:13

15 December 2020

14 December 2020

Criteria for COVID-19 testing in the Cape Metro




Due to the large increase in cases in the Metro we need to reserve testing for people most at risk of getting and spreading the virus, and those at risk of severe COVID-19.

You will be tested if:

1. You are admitted to hospital and have coronavirus symptoms
2. You are over 45 years and have coronavirus symptoms
3. You are of any age, have coronavirus symptoms and have one or more of these conditions:
 - Diabetes
 - TB
 - HIV
 - Kidney disease
 - Hypertension
 - Chronic lung disease on treatment (e.g. asthma, emphysema, chronic bronchitis)
 - Cancer on treatment
4. You live in a care or old age home and have coronavirus symptoms
5. You are a health worker and have coronavirus symptoms

All persons accessing a health facility will be screened (asked questions) but **only** those who have symptoms and fall into one of these categories will be tested.



Western Cape Government

English

Afrikaans

isiXhosa

Isolation in a facility

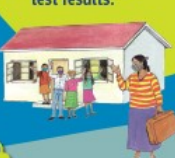
21 December 2020

December 2020

Temporary COVID-19 care away from home

Please don't panic. Most people with COVID-19 will have mild-moderate symptoms and can be safely treated outside of hospital. The reason you have been asked to stay at a facility is because you don't have a separate room at home or it's not safe for you to do so. The Western Cape Government and municipalities are providing comfortable facilities where you can be separated from your families until it is safe for you to return.

Isolation is when a person with confirmed COVID-19 is separated from others.
Quarantine is when a person who does not have COVID-19 but has been in close contact with someone who has it is separated from others; or who is awaiting test results.



MAKE SAFER CHOICES

1. Sick? Stay home & arrange a test
2. Keep physical distance
3. Wear a mask
4. Cover your cough
5. Open doors & windows
6. Avoid crowds, close-contact & confined spaces
7. Wash/sanitise hands often

Separation from your families is a difficult experience, but necessary to prevent spreading the virus to your loved ones and community. Your social services will

Temporary COVID-19 facilities:

- **Isolation facilities** for mild symptoms where you can recover from COVID-19 (usually 10 days)
- **Hospitals** - for severe symptoms

Using public transport: taxis

Archived content

Using Public Transport: Taxis

Protect yourself and others from coronavirus (COVID-19)

COVID-19 is similar to flu, causing cough, fever, sore throat, fatigue and aching muscles.

When a person with COVID-19 coughs or sneezes, they leave the virus on surfaces and in the air. You can catch COVID-19 if:

- You touch these surfaces and then touch your face, eyes, nose or mouth or
- You have close contact (1.5 metres) with a person who has coronavirus.

5 Golden Rules

1. Wash hands
2. Don't touch face
3. Keep apart
4. Cover your cough
5. Sick? Stay home

Use a cloth mask safely

1. Wash your hands. Place the inside against your face, cover the nose and mouth. Make sure it fits well, don't touch the cloth part.
2. Do NOT TOUCH YOUR FACE or fiddle with the mask. Remove the mask if it is wet. Do not share masks with others.
3. Only touch the straps to take mask off and avoid touching objects and surfaces until you washed your hands.
4. Wash mask with soap and water, dry and iron to disinfect it. Have at least 2 masks so that you have a clean one ready.

When waiting in the queue for minibus taxi, stand 1,5 metres away from other passengers.

- Avoid touching door handles, rails and windows.
- Avoid touching other passengers.
- Sit as far from other passengers as possible.
- Try not to touch surfaces in the taxi.
- Use hand sanitizer after handling money.
- Wash hands for 20 seconds when you reach your destination.

Number of passengers allowed in a taxi:

- 23-seater: 15 passengers
- 16-seater: 10 passengers
- 11-seater: 7 passengers

Always wear a cloth mask when going out in public spaces.

24 National Hotline: 0800 029 999
 24 Provincial Hotline: 021 928 4102
 24 National WhatsApp: 0600 123 456




Western Cape Government | LET'S STOP THE SPREAD | FOR MORE INFORMATION: www.westerncape.gov.za

Isolation advice

Updated 5 April 2020 for Western Cape, South Africa

Coronavirus (COVID-19): I've been advised to isolate myself: what does this mean?




What is COVID-19?

- COVID-19 is 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 COVID-19 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 person infected with COVID-19.



Why do I need to isolate myself?

- After being infected with COVID-19, it can take up to 14 days to develop symptoms. During this period and for some time after, the virus may be transmitted to others. Isolating yourself will help to prevent spread to others.
- You should isolate yourself if you have:
 - Symptoms of COVID-19 or
 - Had close contact with someone with suspected or confirmed COVID-19 or
 - Travelled to ANY international location
- If you are returning home to South Africa, isolate at home for 14 days.
- If you are visiting South Africa:
 - Restrict your isolation to one location.
 - Communicate with your tour operator to extend your stay in order to isolate for 14 days.
 - Avoid hotels and use self-catering or bed-and-breakfast accommodation instead.

What should I do if I develop symptoms or

Advice for travellers

6 March 2020

CORONAVIRUS - COVID-19

Advice for travellers


What is COVID-19?

Coronaviruses are a group of viruses common amongst animals. These viruses can make people sick, usually with a mild to moderate upper respiratory tract illness, similar to a common cold.

A new coronavirus called COVID-19 was identified in China and is associated with an outbreak of viral pneumonia.

COVID-19 spreads through:

- The air by coughing and sneezing
- Close personal contact such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands




SYMPTOMS

It can take up to 2 weeks to develop symptoms:

- Fever
- Sore throat
- Cough
- Difficulty breathing

Most people with COVID-19 have a mild illness and recover. Those with an underlying illness and the elderly appear to be at increased risk of severe illness.



What if you develop symptoms?

If you have travelled internationally or had contact with someone known or suspected to have COVID-19 disease, contact your health worker or the General Public Hotline.

If you have difficulty breathing, seek healthcare urgently. Alert your healthworker you are en route.


Try and limit your contact with others, wear a mask if you have one and wash your hands regularly.

TREATMENT

- There is no specific antiviral treatment available to cure COVID-19 yet.
- Antibiotics do not treat viral infections.
- Medication for fever and pain may help for the symptoms.
- People with difficulty breathing will need oxygen and support to breathe in hospital.

PREVENTION

There are currently no vaccines available to protect you against COVID-19 infection. Transmission is reduced through:




- Wash your hands often with soap and water and use hand sanitiser regularly.
- Avoid touching your face.
- Avoid close contact with those who are coughing or sneezing.
- Cough or sneeze into your elbow or a tissue, once used throw away.

Measures in place

Fever screening is in place at international airports.

- Procedures are in place for case detection, isolation and management for quick diagnosis to be made.
- All health facilities will be able to manage suspected or confirmed cases and refer to the appropriate referral or designated hospital.
- Protocols are in place to follow up case contacts to prevent spread of the virus.




INTERNATIONAL AIRPORT

General Public Hotline
0800 029 999

Now operating 24 hours per day.

Contact your nearest public or private healthcare facility or hotline

For more information:
www.westerncape.gov.za/department-of-health/coronavirus



Advice for travellers (optimised for landscape screen display)

CORONAVIRUS - COVID-19

Advice for travellers

6 March 2020

What is COVID-19?
Coronaviruses are a group of viruses common amongst animals. These viruses can make people sick, usually with a mild to moderate upper respiratory tract illness, similar to a common cold. A new coronavirus called COVID-19 was identified in China and is associated with an outbreak of viral pneumonia.

COVID-19 spreads through:

- The air by coughing and sneezing
- Close personal contact such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes

SYMPTOMS

It can take up to 2 weeks to develop symptoms:

- Fever
- Sore throat
- Cough
- Difficulty breathing

Most people with COVID-19 have a mild illness and recover. Those with an underlying illness or the elderly appear to be at a higher risk of severe illness.

What if you develop symptoms?

If you have travelled internationally or had contact with someone identified or suspected of having COVID-19 disease, contact your health worker or the national public health line.

If you have difficulty breathing, seek immediate medical attention. Alert your healthworker if you are in a crowd. Try to avoid your contact with others, wear a mask if you have one and wash your hands.

TREATMENT

There is no specific antiviral treatment available to cure COVID-19 yet.

- Antibiotics do not treat viral infections.
- Medication for fever and pain may help for the relief of symptoms.
- Supportive care such as rest and support to breathe is available.

24 March 2020

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.

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	2	3	4	5	6
Rub palms together.	Rub tips of fingers against palm. Swap hands.	Rub fingers between each other.	Place one hand over back of other, rub between fingers. Swap hands.	Grip fingers and rub together.	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 0800 029 999	Provincial Hotline 021 928 4102	National WhatsApp 0600 123 456	Operating 24 hours a day.
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For more information:
www.westerncape.gov.za/coronavirus

Advice for travellers

24 March 2020

CORONAVIRUS - COVID-19

Information for travellers

What is COVID-19 situation in South Africa?

- COVID-19 is 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

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)

Workplace Advice

24 March 2020

CORONAVIRUS - COVID-19

Preventing COVID-19 in your workplace

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?

- 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 person infected with COVID-19.

Prevent spread to keep you and your colleagues safe:

Keep your work environment clean.

Clean all frequently touched surfaces in the workplace, such as workstations (e.g. telephones, keyboards), counter tops and doorknobs using soap and water. Then disinfect using household bleach (4-5 teaspoons per 1 litre of water).

Clean your hands regularly.

Washing your hands regularly with soap and water for 20 seconds. If soap and water are not available, use a hand sanitiser.

Limit meetings or events.

Consider virtual or teleconference meetings and online events.

Practise respiratory hygiene.

Cover your mouth and nose with a tissue or your elbow (not your hands) when coughing/sneezing. Discard used tissue immediately in a closed bin then wash hands.

Avoid close contact.

Keep a distance of 1.5 metres between colleagues. Avoid direct contact like shaking hands.

Refrain from international travel to high risk countries and all non-essential domestic travel.

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

National Hotline **0800 029 999**
 Provincial Hotline **021 928 4102**
 National WhatsApp **060 012 3456**
 Operating 24 hours a day.

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

Let's Stop the Spread (Prevention)

23 March 2020

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 stop, contact your health facility to start it again.

Coronavirus, the new normal (Prevention)

Coronavirus and the 'New Normal': What you need to know

What is coronavirus?

- COVID-19 is similar to flu, causing coughs, difficulty breathing, fever and a sore throat.
- More often than flu, it causes pneumonia with difficulty breathing.
- There is no vaccine or cure for COVID-19. A vaccine is only expected in 2021.
- Most people who get it show a mild illness and recover without hospital care.
- Those over 60 years or with a chronic condition like HIV, TB, heart or lung disease are more at risk of severe COVID-19.

Coronavirus spreads easily

- When a person with COVID-19 coughs or sneezes, they leave the virus on surfaces and in the air. You can catch coronavirus if you touch these surfaces and then touch your face, eyes, nose or mouth or you have close contact (1,5 metres) with a person who has coronavirus.
- Most people who spread coronavirus have symptoms, but some people catch it or spread it before they start to feel sick.

Get screened

The Western Cape Government offers to screen, isolate and care for many people with COVID-19. There are several options:

- Screen yourself using our online tool: www.westerncape.gov.za/19-covid-19-screening
- Contact a healthcare worker to come close to you if they think you have coronavirus they will ask you to visit the nearest screening point.
- TB Testing and TBge capture through the TBge app.
- Screening and testing available at various public places.
- Closing local Workplace screening.

Our health workers have 20 tests and identify the disease. Please support the health workers by following the measures to reduce risk.

Physical Distancing

Not moving around reduces spread

Stay home if you are sick and avoid all health services to prevent for themselves who will need care in the coming months. It has also caused local, national and foreign. As restrictions come, responsibility for slowing the spread lies with individuals. We need to change our daily behaviour to a 'new normal' until a vaccine is available.

Be kind

COVID-19 affects us all. It may affect many of us. If you don't know someone with COVID-19 yet, you will know.

- Be kind to others. Everyone is suffering and the measures to bring the spread under control will be difficult.
- Social distancing should not mean social isolation. Stay connected and reach out to others.
- Words matter - don't spread false news or messages that cause panic and fear.
- Appreciate those who are helping with the health workers, shop workers or community members.

Follow the 5 Golden Rules of Good Hygiene

1. Wash your hands often for at least 20 seconds with soap and water.
2. Avoid touching your face with unwashed hands.
3. Cough or sneeze into your elbow or into a tissue.
4. Keep 1,5 metres apart from others.
5. Stay home if unwell. Contact a healthcare worker if you are sick.

Protect those most at risk of severe COVID-19

If you are over 60 years or have a chronic condition like HIV, TB, heart or lung disease you are more at risk of severe COVID-19.

- Follow strictly the 5 Golden Rules of Good Hygiene.
- Stay home as much as you can. Limit the number of people you have with.
- Ask someone to do your shopping and collect your groceries/junkies.
- Adhere to your chronic condition management, even if it you stopped it.

FOR MORE INFORMATION:
www.westerncape.gov.za

How to clean and disinfect surfaces

26 May 2020

CORONAVIRUS

Let's STOP the spread

- When a person with coronavirus coughs or sneezes, they leave the virus on surfaces. The virus spreads when you touch these surfaces and then touch your face, eyes, nose or mouth.
- Cleaning and disinfecting these surfaces will help reduce the spread of COVID-19, especially frequently touched public surfaces like door handles, ATM keypads and taxi seats or surfaces in your home when someone has COVID-19.
- Cleaning will remove the dirt, disinfecting will remove germs including coronavirus.

How to clean and disinfect surfaces

- Wear gloves when cleaning and disinfecting. If gloves are not disposable, reuse them only for cleaning and disinfecting.
- If surfaces are dirty, first clean these surfaces with a detergent or soap and water.
- To disinfect, mix 6 teaspoons of bleach with 1 litre (4 cups) of water.
- Apply to the surface, leave it for 2 minutes, then wipe off with water.

Bleach is poisonous

- Do not mix bleach with other cleaning products.
- Do not drink bleach.
- Keep bleach away from children.
- Open windows and doors while using bleach to let fumes out.

If someone at home has coronavirus, try prevent its spread:

- Clean and disinfect high touch surfaces daily in the house (tables, chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks).
- Put used cloths or paper towels or disposable gloves immediately in a plastic bag to prevent coronavirus from spreading.
- Don't touch your face while cleaning.

When finished, wash your hands well with soap and water for 20 seconds.

Hotlines:
0800 029 999 or 021 928 4102 or 0800 111 132

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

Frequently touched objects

Be Coronavirus Safe Keep frequently touched objects clean

What are frequently touched objects?

Kitchen surfaces and appliances

Light switches

Door and window handles

Computer equipment (keyboard, mouse)

Electronics (touch screens, key pads, remotes)

Taps, sinks and toilets

Phones

Keys

Stair rails

Chairs, tables, desks, countertops

When to clean and disinfect

- At least once a day.
- For shared equipment, also disinfect between each use.

How to clean and disinfect

- First clean with detergent (soap) and water, and wipe with a rinsed cloth.
- Then wipe with disinfectant like diluted bleach solution (6 teaspoons bleach in 1 litre water) and allow to air dry. For smaller surfaces, 70% alcohol or disinfectant wipes can be used.
- If object cannot be cleaned with soap and water, wipe carefully with disinfectant.
- Wear gloves when cleaning and disinfecting.
- When finished, wash hands thoroughly with soap and water.

6 x teaspoons Bleach + 1L Water

STAY SAFE. SAVE LIVES.

Western Cape Government

Coronavirus in Cape Town - Winter 2020

Coronavirus in Cape Town Winter 2020

5 Golden Rules

1. Wash hands
2. Don't touch face
3. Keep apart
4. Cover your cough
5. Sick? Stay home

Take extra care if you are elderly or at risk of severe COVID-19

- Strictly follow the 5 Golden Rules of Good Hygiene.
- Stay home as much as you can.
- Limit the people you interact with.
- Ask someone to do your shopping and collect your medication or groceries.
- Adhere to your chronic treatment. Contact R if you stopped it.

What is coronavirus disease (COVID-19)?

- COVID-19 symptoms are similar to being flu. It can cause cough, fever, a sore throat, loss of smell or taste.
- Most people will have a mild illness and can be safely managed at home.
- Some will develop severe COVID-19 with you unable to breathe, difficulty breathing.
- There is currently no vaccine or cure for COVID-19.

You could be at risk of severe COVID-19:

- If you are 65 years or older or
- If you are any age and have:
 - Diabetes, hypertension or heart disease
 - Chronic lung disease on treatment (e.g. asthma, emphysema, chronic bronchitis)
 - TB on treatment
 - HIV with poor adherence to ARVs
 - Chronic kidney disease on treatment (e.g. a stoma, dialysis, etc.)

Returning to work after COVID-19

A person who has had COVID-19 is likely to recover completely, still no longer be infectious, and can return to work safely at least 10 days after the start of symptoms.

I have COVID-19 symptoms. Now what?

- If you are aware of severe COVID-19, contact your health provider, facility or hotline to discuss how to get help for COVID-19.
- If you are not at risk of severe COVID-19, ensure you have COVID-19. Don't panic. Be more likely most people have a mild illness. They are unlikely to be treated unless you are at risk of severe COVID-19.
- Stay home until you have warning signs. If working, inform your supervisor.
- **Wearing signs:** If you have warning signs of illness, persistent chest pain/breathlessness, confusion or worsening drowsiness, seek help urgently. If needed, call an ambulance.
- **Wash hands:** Wash hands with soap and water for 20 seconds.
- **Wash for warning signs, especially at 5-7 days.**
- If symptoms are no better after 7 days, contact health provider, facility or hotline.
- You can stop isolation 10 days after your symptoms started.
- Continue to take precautions to prevent COVID-19.

Who will be tested for COVID-19?

- As more people get COVID-19, it will not be possible to test everyone.
- Tests will need to be targeted to those at risk of severe COVID-19 and for health workers.

Be kind

- COVID-19 affects us all. It will infect many of us.
- Be patient. Everyone is suffering and measures to limit the spread are not easy to do.
- Avoid meeting those who have had COVID-19 differently. After 10 days, they will no longer be infectious.
- Physical distancing should not mean social isolation. Stay connected and reach out to others.
- Avoid spreading false news or messages that cause panic and fear.
- Show appreciation for those helping.

STAY SAFE. SAVE LIVES.

FOR MORE INFORMATION: www.westerncape.gov.za

5 Golden Rules of Good Hygiene

5 Golden Rules to Prevent the Spread of Coronavirus

- 1 Sick? Stay home
- 2 Keep 1,5 metre distance
- 3 Wash hands often
- 4 Don't touch your face
- 5 Use cloth mask

Social distancing

26 May 2020

CORONAVIRUS

Stay Safe. Save Lives.

Why must we keep apart from each other?

- When a person with coronavirus coughs or sneezes, they leave the virus on surfaces and in the air.
- You may catch coronavirus if:
 - You touch these surfaces and then touch your face, eyes, nose or mouth or
 - You have close contact (1,5 metres) with a person who has coronavirus.



Keep apart from others, to allow less chance for coronavirus to spread.

- This will help protect those at risk of severe COVID-19, those over 60 years or with HIV, TB, diabetes, hypertension, cancer, heart or lung problems.
- It will also mean less stress on our healthcare system so that those who need healthcare can still get it.

How do we keep apart from each other?

Stay home.



Only go shopping if you have to for food or medications.



Avoid public spaces and public transport if possible.



Do not shake hands, hug or kiss anyone outside those in your home.



Keep at least 1,5 metres apart from people.



Cancel your social plans: no parties, sports events, meetings or group religious activities.



Show care for your community while keeping apart.

Hotlines:
0800 029 999 or 021 928 4102 or 0800 111 132

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




Using shared toilets and taps

26 May 2020


CORONAVIRUS

Let's STOP the spread

If you use shared toilets and taps, follow these rules to avoid getting coronavirus:


1

If there is a queue, avoid close contact with others - stand at least 1,5 metres apart.




2

Avoid touching surfaces with your bare hands. Use your elbow, foot or paper to touch surfaces like door handles, toilet seat, flusher or tap. Discard paper used to touch surfaces safely in a dustbin.



3


Do not touch your face, eyes, nose or mouth until you have washed your hands.




Wash your hands well before and after using the shared toilet.

How to wash your hands


- 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.
- If no soap and water available, use hand sanitiser instead.




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.

20
seconds

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

Hotlines: Medication advice


23 March 2020

CORONAVIRUS

Do you have diabetes, TB, high blood pressure, HIV, lung or heart problems?


Have you stopped taking your medication?

Go to your usual health facility to start your treatment again



Important things to remember:

- Take your medication correctly every day
- Do not take somebody else's medication
- Do not share your medicine with others
- Contact your health facility to arrange 2 months' supply of medication



Contact the clinic if you have the following symptoms of coronavirus:



Dry cough Very tired Sore body

High temperature Difficulty breathing

Hotline:

0800 029 999 021 928 4102 0800 111 132

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

Home care

COVID-19 Caring at home

Please don't panic. Most people with COVID-19 have mild-moderate symptoms and can be safely treated at home. People with severe symptoms or who can't safely isolate at home will be referred to a facility.

Home care is only recommended if you:

- Have mild-moderate symptoms
- Have a separate room
- Have someone to care for you
- Can easily stay in touch with your healthcare provider

5 Golden Rules

1. Wash hands
2. Don't touch face
3. Keep 1,5 m apart
4. Cover your cough
5. Sick? Stay home

Use this information if you:

- Have tested positive for COVID-19
- Have COVID-19 symptoms and don't qualify for a test
- Have COVID-19 symptoms and are waiting for test results
- Had close contact with someone with COVID-19.

Take care to separate yourself from the public and others at home to prevent spreading coronavirus

Move to a separate room or section of your home.

- Have no contact with others at home.
- It is especially important to avoid contact with those at risk of severe COVID-19: those over 55 years or with a chronic condition, especially diabetes.

Do not leave home.

- Arrange with friends and your community to drop groceries, meals and medicines at the door.
- If not possible, then a healthy caregiver may leave the home for essential trips only, using the 5 Golden Rules of Good Hygiene and a mask.

Seek healthcare urgently if anyone develops:

- Difficulty breathing
- Chest pain or pressure that won't go away
- Confusion or unable to wake


Call ahead. Avoid public transport. Use own transport or if not possible, call an ambulance.



Western Cape Government COVID-19 Hotline
021 928 4102 or 080 928 4102 (tollfree)
National WhatsApp 0600 123 456

Expanded criteria for testing

Expanded criteria for COVID-19 testing in the Cape Metro



September 2020

Western Cape Government

Resources

COVID-19 in healthcare

- [COVID-19 Vaccine Resources](#)
- [COVID-19 Health worker Resources](#)
- [Brazil Health Worker Resources](#)
- [COVID-19 Training for Health Workers](#)
- [COVID-19 Resources for Health Facilities \(Western Cape, South Africa\)](#)
- [COVID-19 Resources for Health Facilities \(South Africa\)](#)

COVID-19 training

- [Online training](#)

COVID-19 in public

- [COVID-19 Resources for the Public](#)
- [PACK Home](#)
- [COVID-19 Resources optimised for WhatsApp](#)

COVID-19 in group spaces

- [COVID-19 Resources for Community Kitchens](#)
- [COVID-19 Resources for the Workplace](#)
- [COVID-19 Resources for Schools](#)
- [COVID-19 Resources for Places of Worship](#)

COVID-19 global resources

- [COVID-19 Global Material and Localisations](#)

Other

- [Guides and Samples of Guides](#)
- [Adult Primary Care \(APC\)](#)
- [PACK Western Cape Adult](#)
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last Thursday

PACK Global Virtual Showcase – Primary Care Health System Strengthening on 17 June 2021, the KTU hosted a webinar to share the primary care strengthening stories of PACK. The Showcase was opened by the MEC for Health in the Western Cape, and after a brief overview of the PACK programme, we heard from the leads of PACK programmes in the Eastern Cape, South Africa, the Federal Ministry of

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