

CRONAVIRUS - 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?

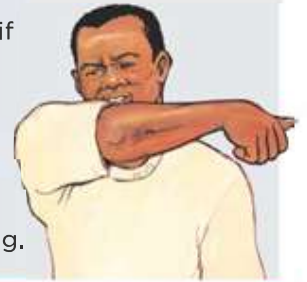
You can pick up coronavirus from:

- 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 Provincial hotline 021 928 4102

WhatsApp "Hi" to 060 012 3456

Operating 24 hours per day.

For more information:

www.westerncape.gov.za/coronavirus

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