

THERE'S ONLY ONE THING YOU NEED TO UNDERSTAND ABOUT HOW A COVID-19 CORONAVIRUS* SPREADS

*Coronaviruses are a large family of viruses which may cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

The virus spreads when these droplets get into your:



So if you see someone who is visibly coughing / sneezing / sick, you can choose to:

1. Keep your distance.



(0.5m to 2m will keep you safe from large droplets.)

2. Avoid crowds



(People who are infected can show no symptoms, but are still infectious.)

Sometimes a sick person's saliva can get on other things..



And if you touch any of these things by accident, and then touch your face, rub your eyes or your loved ones face, you might all fall sick.

4 PRECAUTIONS TO FOLLOW TO AVOID BEING INFECTED



1

WASH YOUR HANDS

Wash your hands with soap thoroughly. Wash the back of your hands, between the fingers and under the nails. Always wash your hands with soap before you eat and after being out in public.



2

GOOD PERSONAL HYGIENE

Cover your mouth with a tissue paper when coughing or sneezing. Avoid touching your face with dirty hands at all times. If you have to, be sure to wash your hands with soap thoroughly first.



3

DO NOT SHARE FOOD AND UTENSILS

Bacteria, viruses and infection can be transmitted onto knives, forks, spoons and straws. Only use clean utensils and do not share drinks. Always clean your hands before eating.



4

SEE A DOCTOR IF YOU ARE UNWELL

Typical symptoms include cough, runny nose, fever and shortness of breath. If you are experiencing any of these symptoms, seek medical attention promptly. Call the clinic or doctor ahead of your visit and inform them of your symptoms and travel history.

24HR NICD HOTLINE 0800 029 999

REMAIN VIGILANT AND ADOPT GOOD PERSONAL HYGIENE PRACTICES
The situation is evolving, check updates on www.health.gov.za and www.nicd.ac.za



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DO YOU USE SHARED TAPS AND TOILETS IN AN INFORMAL SETTLEMENT?

TO AVOID GETTING THE CORONAVIRUS:

1. Don't touch the tap, toilet or door handle with your bare hands.
2. Hold the tap, door handle or toilet lid with newspaper.
3. You can also use your foot or shoulder to open the toilet door and lift the lid.
4. Stand at least 6 steps away from other people when you queue for a toilet or tap.
5. After using the toilet or tap – do not touch your face, eyes, nose or mouth until you wash your hands with soap and water.
6. Clean the toilet or tap with 1 litre of water mixed with 4 teaspoons of Jik™/bleach (but keep this bleach mixture away from children).

WASH FOR 20 SECONDS



#SOCIALAUDITS4SERVICES

COVID-19

Help prevent the spread of respiratory diseases like COVID-19



Wash your hands often with soap and water for at least 20 seconds.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Stay home when you are sick, except to get medical care.



Avoid close contact with people who are sick.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.

 Call the COVID-19 Hotline: 0800 029 999

 Send 'hi' on Whatsapp to COVID-19 Connect: 060 012 3456

 Visit the website www.sacoronavirus.co.za

COVID-19 CORONAVIRUS

Coronaviruses are a large family of viruses which may cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recent Coronavirus disease is COVID-19

Typical symptoms include cough, runny nose, fever and shortness of breath

**MONITOR
YOUR
HEALTH
CLOSELY**

1

All travelers to monitor their health closely for 14 days upon returning to South Africa

2

If you have fever, cough or runny nose, wear a mask and seek medical attention promptly

3

Call the clinic or doctor ahead of your visit or the NICD Hotline: 0800 029 999

PRECAUTIONS TO TAKE



Wash hands frequently with soap



See a doctor if you are unwell



Cover your mouth with a tissue paper when coughing or sneezing



Observe good personal hygiene at all times

CONTACT the NICD Hotline: 0800 029 999

REMAIN VIGILANT AND ADOPT GOOD PERSONAL HYGIENE PRACTICES

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HOW IS COVID-19 TRANSMITTED?

WHILE THE FIRST CASES PROBABLY INVOLVED EXPOSURE TO AN ANIMAL SOURCE, THE VIRUS NOW SEEMS TO BE SPREADING FROM **PERSON-TO-PERSON**.

COVID-19 SPREADS VIA RESPIRATORY DROPLETS PRODUCED WHEN AN INFECTED PERSON **COUGHS OR SNEEZES,** SIMILAR TO HOW INFLUENZA AND OTHER RESPIRATORY PATHOGENS SPREAD.



THE MAJORITY OF COVID-19 CASES HAVE OCCURRED IN PEOPLE WITH **CLOSE PHYSICAL CONTACT** TO CASES AND **HEALTHCARE WORKERS** CARING FOR PATIENTS WITH COVID-19.



TOLL-FREE NUMBER 0800 029 999

HOW CAN COVID-19 INFECTIONS BE TREATED?

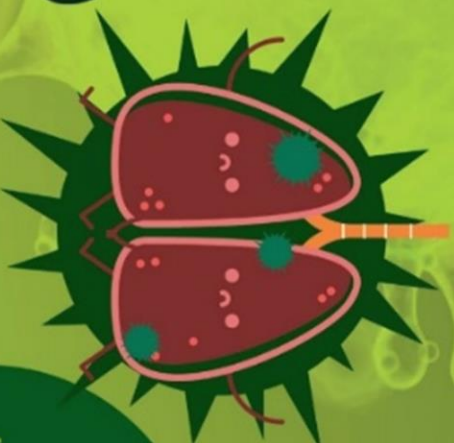
TREATMENT IS SUPPORTIVE

(E.G. PROVIDE OXYGEN

FOR PATIENTS WITH SHORTNESS OF BREATH OR TREATMENT FOR FEVER).



THERE IS NO SPECIFIC ANTIVIRAL TREATMENT AVAILABLE.



ANTIBIOTICS DO NOT TREAT VIRAL INFECTIONS. HOWEVER, ANTIBIOTICS MAYBE REQUIRED IF BACTERIAL SECONDARY INFECTIONS DEVELOPS.



WHAT IS THE RISK OF SARS-COV-2 INFECTION IN HUMANS IN SOUTH AFRICA?

THERE HAS BEEN A CASES OF COVID-19 REPORTED IN SOUTH AFRICA.

ACTIVE SURVEILLANCE IS IN PLACE TO IDENTIFY IMPORTED CASES. PEOPLE WHO DEVELOP SYMPTOMS OF RESPIRATORY ILLNESS INCLUDING COUGH, FEVER AND SHORTNESS OF BREATH WITHIN 14 DAYS OF TRAVEL TO COUNTRIES WHERE CORONAVIRUS IS KNOWN TO BE CIRCULATING SHOULD SEEK MEDICAL CARE EARLY AND SHOULD SHARE INFORMATION ABOUT THEIR TRAVEL HISTORY WITH THEIR DOCTORS.

**STOMACH
ACHE**



COUGH



**SHORTNESS OF
BREATH**



FEVER



HOW CAN COVID-19 INFECTIONS

IN HUMANS BE PREVENTED?

CURRENTLY THERE IS NO VACCINE FOR COVID-19.

OFFICIALS IN CHINA HAVE INTENSIFIED EFFORTS TO CONTAIN THE SPREAD OF THE VIRUS.

THERE ARE NO SPECIFIC MEASURES CURRENTLY RECOMMENDED TO PREVENT COVID-19 BUT THE FOLLOWING CAN PROVIDE PROTECTION AGAINST INFECTIONS WITH CORONAVIRUSES AND MANY OTHER VIRUSES THAT ARE MORE COMMON IN SOUTH AFRICA:

Cover your cough or sneeze with a flexed elbow or a tissue and throw the tissue in a bin.

Clean and frequently disinfect touched objects and surfaces.

Avoid close contact with people who are sick.

Avoid contact with farm or wild animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).

Avoid touching your eyes, nose, and mouth with unclean hands.

Stay home when you are sick and try and keep distance from others at home.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser.

The National Department of Health recommends that:

Everyone should wear
CLOTH face masks
when in public.



Members of the public should not
use N-95 and surgical masks;
**medical masks remain reserved
only for healthcare workers.**



**Handwashing and
social distancing** still remain
the most important prevention
strategies for COVID-19



SOCIAL DISTANCING GUIDELINES

Social distancing refers to limiting public gatherings as much as possible

AVOID

- Group gatherings
- Sleep overs
- Play-dates
- Concerts
- Theatre outings
- Athletic events
- Crowded Retail Malls
- Workouts and Gyms
- Non-essential workers in your house
- Mass Transit System

USE CAUTION

- Visit a local restaurant
- Visit grocery store
- Get take out
- Pick up medication
- Visit the library
- Religious services
- Travelling

SAFE TO DO

- Take a walk
- Go for a hike
- Gardening
- Play in your garden
- Clean out a closet
- Read a good book
- Listen to music
- Cook a meal
- Family game night
- Go for a drive
- Group video chats
- Stream a favourite show
- Check on a friend
- Check on elderly neighbours

