

STAY 
HOME 

SAVE SOUTH AFRICA

WHAT YOU NEED TO KNOW ABOUT
CORONAVIRUS (COVID-19)



REPUBLIC OF SOUTH AFRICA



On 31 December 2019, the World Health Organization (WHO) reported a cluster of pneumonia cases in Wuhan City, China. 'Severe Acute Respiratory Syndrome Coronavirus 2' (SARS-CoV-2) was confirmed as the causative agent of what we now know as 'Coronavirus Disease 2019' (COVID-19). Since then, the virus has spread to more than 100 countries, including South Africa.

COVID-19 is an infectious disease that is spread, directly or indirectly, from one person to another.

Infection:



An infected person can spread the virus to a healthy person through:

- › the eye, nose and mouth or through droplets produced on coughing or sneezing.
- › close contact with an infected person.
- › contact with contaminated surfaces, objects or personal items.

Symptoms:



The general symptoms include:

- › Fever
- › Cough
- › Trouble/difficulty with breathing
- › Sore throat.

Prevention:



To prevent the spread of the virus:

- › Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if you cannot wash your hands with water.
- › Keep a safe social distance by avoiding crowded areas or gatherings of more than 10 people.
- › Avoid close contact with people who are not feeling well.
- › Avoid touching your mouth, eyes and nose.
- › Keep at least a metre distance between yourself and anyone who is coughing or sneezing.
- › Use tissue paper when coughing and sneezing, then throw it in a bin.
- › Avoid running your hands on frequently touched surfaces such as hand rails.
- › Regularly disinfect your frequently touched objects such as cellphone, cards, car keys and keyboards.
- › Consult your doctor if not feeling well and stay at home to recover fully.
- › Use the flexed elbow, foot bump or wave to greet instead of a handshake.
- › Wear a face mask, especially the cloth face mask, when in public.

Ignore Fake News and obtain official information from:

www.gov.za or
www.sacoronavirus.co.za

or

send the message
"Hi" to
0600 123 456 for
WhatsApp support

or

call the 24-hour
toll-free hotline:
0800 029 999