



Coronavirus disease (COVID-19)

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness

How does it spread?

The COVID-19 virus spreads primarily through

- Droplets of saliva
- Discharge from the nose when an infected person coughs or sneezes
- Physical contact through shaking hands and then touching your eyes, nose and mouth



What can we do to help?

- Don't panic, keep up to date with information
- Self-quarantine, if you feel ill and ask for medical assistance
- Wash your hands with soap
- Protect others from getting sick – When coughing or sneezing cover mouth and nose with flexed elbow tissue



HOW DO WE PROTECT OURSELVES?



Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.



Maintain social distancing

Maintain at least 1 metre distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.



Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.



Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.



If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility.

National Lockdown – What does it mean

President Cyril Ramaphosa has declared a country-wide lockdown, where only absolutely essential personnel – such as health workers in the public and private sectors, soldiers and police – are allowed to work. This also includes essential personnel in the food, banking and basic services' industries. People who require medical care will be allowed to leave home for restricted periods. People will not be allowed to leave their homes except under strictly controlled circumstances. "The nationwide lockdown will be enacted in terms of the Disaster Management Act, and will entail the following from midnight on Thursday, 26th March, until midnight, Thursday the 16th of April," Ramaphosa said. It is necessary to fundamentally disrupt the chain of transmission across society. There is no need to panic or panic buy as grocery stores, pharmacies, hospitals and clinics will remain open during this period.

