

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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COVID-19

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH



COVID-19 Hotline: 0800 029 999



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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.



COVID-19 Hotline: 0800 029 999



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WHEN TO USE A MASK

For healthy people wear a mask **only if you are taking care of a person with suspected coronavirus infection**

Wear a mask, if you are coughing or sneezing

Masks are effective only when used **in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water**

If you wear a mask then you **must know how to use it and dispose of it properly**



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**World Health
Organization**



COVID-19

**Need to wash your hands, but
there is no soap and water?**



**Use an alcohol-based hand
sanitiser with at least 60% alcohol**

COVID-19 Hotline: 0800 029 999



COVID-19



Clean and disinfect frequently touched objects and surfaces using regular household detergents. Read the instructions on the detergent label.

COVID-19 Hotline: 0800 029 999



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COVID-19

PRIVACY

Just like with any other disease, people who are ill with the COVID-19 Coronavirus have a right to **PRIVACY**.

This right is protected by the Constitution of South Africa and the National Health Act.

COVID-19 Hotline: 0800 029 999



COVID-19

What is social stigma?

In an outbreak people may be labelled, stereotyped, discriminated against, treated separately or have a loss of status because they are seen to be linked to the disease.

What is the impact of social stigma during an outbreak?

Stigma may contribute to a situation where the virus is more likely to spread. This can cause more severe health problems.

Stigma can:

- drive people to hide their illness to avoid discrimination
- prevent people from seeking healthcare immediately
- discourage people from adopting healthy behaviours

COVID-19 Hotline: 0800 029 999

