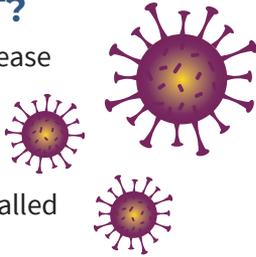


# CORONAVIRUS

information for communities

## WHAT IS IT?

Coronavirus disease or COVID-19 is an infectious disease caused by a new virus called SARS-CoV-2.



## HOW IT SPREADS

COVID-19 spreads easily from person to person through:

- Droplets in the air from coughing, sneezing or speaking
- Close contact such as touching or shaking hands
- Touching an object or surface with the virus on it and then touching your mouth, nose or eyes.



**If you think you might have COVID-19 contact the 24 hour Hotline  
0800 029 999**

## SIGNS AND SYMPTOMS

The virus causes a sickness like flu with symptoms such as:

- Fever
- Tiredness
- Dry cough
- Shortness of breath



Some people may also have aches and pains, blocked or runny nose, a sore throat or diarrhoea.

Symptoms are usually mild and start slowly. Some people become infected but don't develop any symptoms and don't feel sick.

## WHO IS AT RISK?

Most people recover from COVID-19 without needing special treatment. COVID-19 can affect anyone but those more at risk are:

- Older people
- Healthcare workers
- People with existing health problems like diabetes, high blood pressure, heart disease or cancer.



## PREVENT COVID-19

We can all play a part in slowing the spread of the virus.



### WASH YOUR HANDS

often with soap and water for at least 20 seconds.



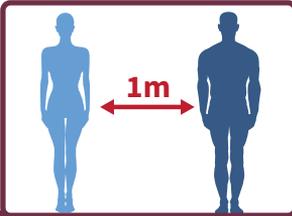
### COVER YOUR COUGH

or sneeze with a tissue or the inside of your elbow.



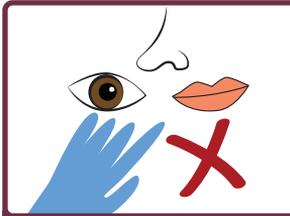
### STAY AT HOME

if you are sick. Call the hotline if you need medical care.



### KEEP A DISTANCE

Stay at least 1 metre away from other people.



### DON'T TOUCH

your nose, mouth or eyes with unwashed hands.



### COVER YOUR MOUTH

with a mask or cloth when you go out.

## LIVING WITH HIV & TB

We don't know yet if people living with HIV and/or TB are more at risk. But as HIV and TB affect the immune system and lungs, there is a chance that people living with these conditions will be more at risk of getting very sick from COVID-19.



If you are living with HIV or TB take extra care and keep **taking all your medications every day**. Ask for extra supplies of your treatment so you don't have to go to the clinic.

## IF YOU GET SICK

Don't panic — for most people, it will be mild. Stay at home, keep away from other people and take paracetamol for fever or pain. If you have trouble breathing, visit your doctor or clinic urgently. Call ahead and follow instructions.

*This information is provided by NACOSA based on advice issued by the World Health Organisation, UNAIDS and the Western Cape Department of Health. For more information visit:*

[sacoronavirus.co.za](https://sacoronavirus.co.za)



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