

# Protect yourself from CORONAVIRUS DISEASE

## What is Coronavirus?

- » A respiratory illness similar to flu (cough, fever, fatigue & aching body/muscles). It can become severe causing viral pneumonia (difficulty breathing).
- » 4 out of 5 people will have a mild illness and recover without treatment. The elderly and those with underlying health conditions have increased risk of severe illness. Cases in children are rare.

1

### How does it spread?

You can pick up Coronavirus from:

- » Touching an infected surface or object. The virus can enter your body when you touch your nose, mouth and eyes.
- » Very close contact (1-2 metres) with someone who has COVID-19.
- » Through the air when coughing/sneezing.



2

### Prevent spread to keep you and your family safe

- » Cover your mouth and nose with a tissue or your sleeve/elbow (not your hands) when coughing/sneezing. Discard used tissues immediately and wash your hands.
- » Avoid close contact with those who are sick. Wearing a mask is unlikely to protect you if you are well. People who are coughing and sneezing who wear a mask are less likely to infect others.
- » Avoid touching face, eyes, nose, or mouth.
- » Clean and disinfect frequently touched objects and surfaces (counters, bedside table, doorknobs, bathroom surfaces, phones).
- » Wash hands often and for at least 20 seconds, especially before handling food/after using the toilet or coughing/sneezing.



3

### What are the symptoms?

- » The more common symptoms are the same as flu and include fever, cough, difficulty breathing, fatigue, body/muscle aches, sore throat.



## Stress and anxiety management

Keep to regular routines and schedules as much as possible | Keep to official sources to avoid spreading panic.

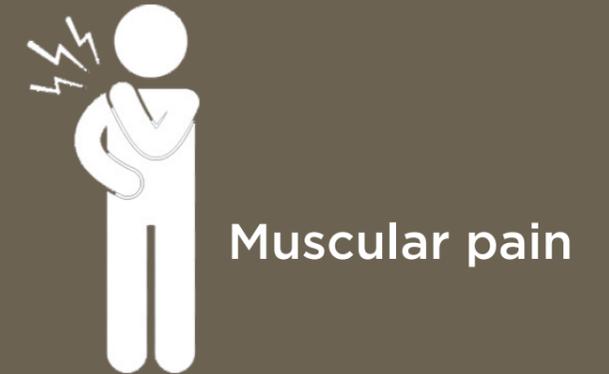
The provincial web page: <https://westerncape.gov.za/coronavirus> | Provincial Facebook page: [facebook.com/WCGHealth](https://facebook.com/WCGHealth)

24hr Hotline: Provincial - 021 928 4102 | National - 0800 029 999

**#StopTheSpread**

# Protect yourself from **C** **ORONAVIRUS** DISEASE

## Symptoms



## Prevent spread to keep you and your family safe

