

How likely am I to catch COVID-19?

People who are in areas, where there is a COVID-19 outbreak unfolding, are likely to catch the disease, if they do not take precautionary measures.

Governments and health authorities are taking vigorous actions every time a new case of COVID-19 is identified. There has been some restrictions on travel, movement or large gatherings, to try and reduce the risk of catching or spreading COVID-19.

Should I worry about COVID-19?

Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: **about 1 in every 5 people who catch it need hospital care.**

Who is at risk of developing severe illness?

While we are still learning about how COVID-2019 affects people, **older persons and persons with pre-existing medical conditions** (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others.

Are antibiotics effective in preventing or treating the COVID-19?

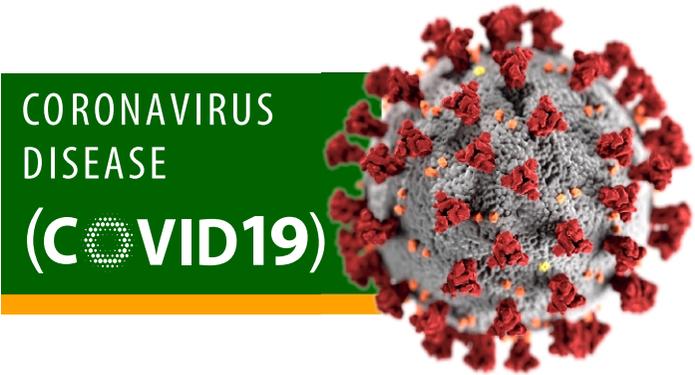
No. **Antibiotics do not work against viruses**, they only work on bacterial infections. COVID-19 is caused by a virus, so antibiotics do not work.

Are there any medicines or therapies that can prevent or cure COVID-19?

While some western, traditional or home remedies may provide comfort and alleviate symptoms of COVID-19, there is **no evidence that current medicine can prevent or cure the disease.** There are several ongoing clinical trials that include both western and traditional medicines and WHO (World Health Organization) will provide updated information, as soon as clinical findings are available.

For more information on coronavirus (COVID-19), please visit the following websites:

- www.who.int
- www.health.gov.za



We care about you!



What you need to know about coronavirus (COVID-19)

Hotline: 0800-029-9999

WhatsApp: 060-012-3456

Coronavirus

KNOW THE SYMPTOMS OF COVID-19



FEVER



COUGH



SHORTNESS OF BREATH

TAKE EVERYDAY PRECAUTIONS



DON'T TOUCH FACE



WASH YOUR HANDS



AVOID SICK PEOPLE

SPREADS
THROUGH
CLOSE
CONTACT

What is a coronavirus?

Coronaviruses are a family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases. The most recently discovered coronavirus is COVID-19.

What is COVID-19?

COVID-19 is an infectious disease which was recently discovered in Wuhan, China, in December 2019.

What are the symptoms of COVID-19?

Fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.

How does COVID-19 spread?

The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.

These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

Protecting myself and preventing the spread of the disease

- **Regularly and thoroughly clean your hands with an alcohol-based sanitiser or wash them with soap and water because it kills viruses** that may be on your hands.
- **Maintain** at least 1 metre (3 feet) **distance between yourself and anyone who is coughing or sneezing because the small liquid droplets from their nose or mouth** may contain virus. Breathing in the droplets, may cause an infection if the person coughing has the disease.
- Avoid touching eyes, nose and mouth because **when the hands touch surfaces they can pick up viruses**. Once contaminated, hands can transfer the virus to your eyes, nose or mouth and can enter your body and can make you sick.
- **Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze**. Then dispose of the used tissue immediately because droplets spread the virus, and good hygiene practices reduce the spread of the virus.
- **Stay home if you feel unwell**. If you have a fever, cough and difficulty breathing, **seek medical attention**. Obtaining medical attention will also protect you and help prevent spread of viruses and other infections.
- **Keep up to date on the latest COVID-19 hotspots** (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease because the chances of infection are higher in those areas.