HEALTH PROMOTERS

Coronavirus
COVID-19

THINGS YOU CAN DO TO PROTECT YOURSELF AND OTHERS

What is the Corona Virus?
The Corona virus (COVID-19) feels like flu. Because nobody is immune yet, it spreads very fast. Most people don't have serious symptoms but 3-15% get serious respiratory problems. It is important to **prevent spreading** and **protect vulnerable people**.

How do people spread COVID-19?
If people are infected with COVID-19 they spread droplets of moisture when they **sneeze** or **cough**, which is very infectious. If these droplets fall on you, or if you **touch an object** covered with COVID-19 droplets, you could get infected.

How do you know if you have been infected with COVID-19?
Most people are infected but show only minor symptoms such as runny or stuffy nose and a mild cough. But they can spread the virus! Some people show more serious symptoms when infected: fever (more than 38 degrees), coughing, shortness of breath, muscle aches, stuffy nose or a sore throat. But these symptoms could also show that you have an ordinary flu, or another kind of infection.

For whom is COVID-19 dangerous?
Many people who catch COVID-19 get well quickly. But some people get really ill and may die from it. People who are especially vulnerable to catching the virus and who may get really ill or die from it are:
- People over 70 year old
- People who have illnesses, heart disease, diabetes, lung diseases like emphysema, COPD, asthma etc.
- People with impaired immune systems, because of cancer treatments, HIV or transplants.

We advise these people:
- Stay at home! Don't go out at all except for a walk near your house, but stay one metre away from other people.
- If you live with family, isolate yourself from the family mostly, like stay in your room or at least stay a metre away from them, especially if they often go out of the house to work or shop.
- If anyone is coughing or sneezing, cover mouths with tissues or elbows, and keep washing your hands often. This goes for everyone.
- Keep objects like door knobs washed and then wiped with white vinegar.

What can you do to protect yourself and others?
- **Wash your hands** often, all day. This way you are washing away the virus. Wash your hands with **soap**, make lots of **foam**, rub your hands together all over for **20 seconds**, then rinse off. Best is to use a **paper towel** and throw this away after use.
- If you are not near any water and cannot wash your hands, use a **hand sanitizer gel**. Or keep a small bottle of **white spirit vinegar** in your bag and rub some carefully all over your hands and air dry. White spirit vinegar kills 99% of germs.
- Keep your hands **away from your face**, especially your eyes nose and mouth because the virus can infect you more easily there.
- **Cover your mouth** when you cough or sneeze either with a tissue, then throw it away and wash your hands. Or cough or sneeze into your elbow.
- Stay about **one metre away** from people. Don't hug, kiss or shake hands with people you meet.
- Stay **away from crowded places** like malls, churches, schools or universities.

If you think you may be sick:
Prevent spreading the virus. Stay at home and avoid social contact.
- If someone is sick at home, follow all the hygiene points above, and wash and wipe down with white vinegar the surfaces that the sick person is using a lot.
- If you have symptoms of COVID-19, like a sore throat, coughing and/or fever: stay at home until your symptoms are totally disappeared for more than 24 hours.
- If you had contact with a person with proven COVID-19 or if you live with a person with symptoms of COVID19: stay at home for two weeks or until your symptoms have disappeared for 24 hours.

What to do if you think you are sick from COVID-19?
If you have symptoms mentioned, stay at home. Rest a lot, drink lots of fluids like water, weak teas, watered fruit juice etc. Take paracetamol for high temperatures, aches and pains.

If you experience these warning signs, you need medical help:
- shortness of breath,
- difficulty breathing,
- persistent pain and or pressure in the chest,
- confusion (not thinking well),
- unconsciousness (can't wake up),
- bluish lips or face.

If you or someone you know shows **emergency signs** of COVID-19 infection, call one of the following numbers for help.

- **National Hotline 0800- 029 999**
- **Western Cape Hotline 021 928 4102**
- **Whatsapp 'HI' to 060012 3456**

When your call is answered, tell the person your symptoms clearly, using the words similar to this handout, and they will tell you what to do.

Sometimes it may be hard to get through to these numbers, so CALL your local doctor or clinic to ask for advice. If you still do not get through, and the warning signs are bad, send a healthy person to your local clinic or doctor. But stay outside, and ask for help for the sick person.