

CORONAVIRUS – COVID-19

General advice

What is COVID-19?

A respiratory illness similar to flu (cough, fever, fatigue & aching body/muscles). More commonly than flu, 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.

How does it spread?

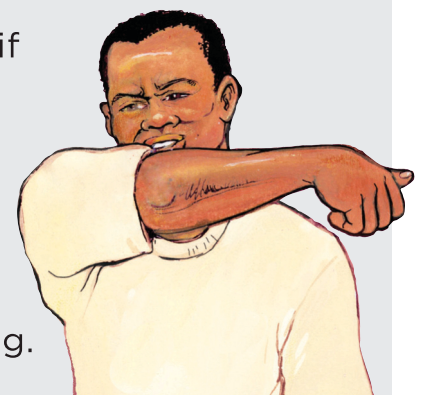
You can pick up coronavirus from:

- 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 a sick patient.



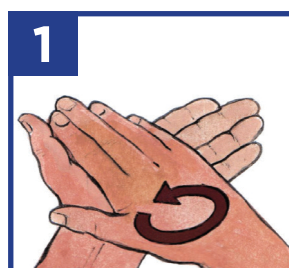
Prevent spread to keep you and your family safe:

- 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, especially before handling food/after using toilet or coughing/sneezing.



Wash your hands well

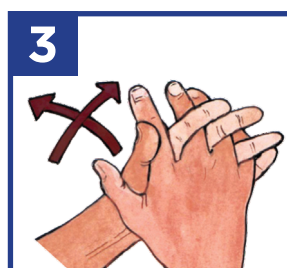
- Use these steps to wash your hands for at least 20 seconds.
- Roll up your sleeves, rinse hands in clean water and apply soap to palm of hand:



Rub palms together.



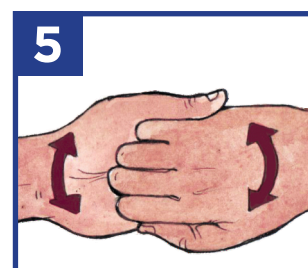
Rub tips of nails against palm. Swap hands.



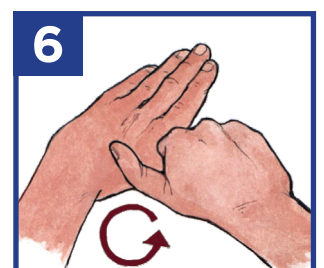
Rub fingers between each other.



Place one hand over back of other, rub between fingers. Swap hands.



Grip fingers and rub together.



Rub each thumb with opposite palm. Swap hands.

- Rinse your hands with clean water and dry on paper towel or allow to dry on their own.

General Public Hotline 0800 029 999 Provincial hotline 021 928 4102

WhatsApp "Hi" to 060 012 3456

Operating 24 hours per day.

For more information:

www.westerncape.gov.za/coronavirus



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CORONAVIRUS – COVID-19

What if I develop symptoms?

What are the symptoms of COVID-19?

- The more common symptoms of COVID-19 are the same as flu and include: fever, cough, difficulty breathing, fatigue, body/muscle aches.
- Currently very few people have been confirmed with COVID-19 in South Africa.

When should I be concerned that I may have COVID-19?

Only suspect COVID-19 if you have a fever with a cough or shortness of breath AND have in the last 14 days:

- a) travelled internationally or to an area where COVID-19 is actively spreading from person-to-person in the community

OR

- b) had close contact with a confirmed or suspected case of COVID-19

If you are feeling short of breath or have difficulty breathing, seek health care urgently.

Call ahead to your doctor or alert health facility as soon as you arrive:
tell them about your symptoms and any recent travel/contacts.

Expect to put on a mask before you enter the facility.

What should I do if I think I have COVID-19?

- Do not panic.
- First, phone General Public Helpline **0800 029 999** and follow their advice.
- Stay home, except to get medical care as directed by the helpline. Do not go to work, school, or public areas. Avoid using public transport or taxis.
- Rest, ensure you drink plenty of fluids and use medications (like paracetamol) as needed to reduce fever and/or pain.
- Avoid close contact with those who are sick. When in contact with others, wear a mask if available.
- Avoid sharing dishes, drinking glasses, cups, eating utensils, towels, or bedding – after using these, wash them well.
- Use strict prevention measures listed on the other side of this leaflet.
- Only discontinue home isolation in consultation with helpline/healthcare provider (usually 14 days).

The most important thing you can do is to prevent spread in order to keep you, your family and your community safe.

KORONA-VIRUS – COVID-19

Algemene Inligting

Wat is COVID-19?

Dis 'n respiratoriese siekte wat amper soos griep is – jy hoes, het koors, voel moeg en jou lyf en spiere pyn. Maar COVID-19 kan baie ernstig raak en ernstige virale longontsteking veroorsaak (sukkel om asem te haal).

Vier uit vyf mense sal 'n ligte vorm van die siekte kry en gesond raak sonder behandeling. Ouer mense en mense wat ander siektes het, het egter 'n groter gevaar om ernstig siek te raak. Die siekte kom baie min onder kinders voor.

Hoe word dit versprei?

Jy kan koronavirus kry deur:

- Aan iets te raak wat besmet is, soos 'n oppervlak of 'n voorwerp. Die virus kan dan in jou liggaam beland wanneer jy aan jou neus, mond en oë raak.
- As jy baie naby (1 tot 2 meter) 'n persoon is wat siek is.



Keer dat die virus versprei sodat jy en jou familie veilig kan bly:

- Maak jou mond en neus met 'n sneesdoekie toe as jy hoes en nies. Jy kan ook in jou mou of elmboog hoes of nies. Moenie jou mond of neus met jou hande toe hou nie. Gooi die sneesdoekie onmiddellik weg en was dan jou hande.
- Moet eerder nie naby mense kom wat siek is nie. As jy nie siek is nie, hoef jy nie 'n masker te dra nie; dit sal jou nie eintlik beskerm nie. Maar 'n masker sal help keer dat mense wat hoes en nies ander mense aansteek.
- Moenie onnodig aan jou gesig, oë, neus of mond raak nie.
- Voorwerpe en oppervlaktes wat gereeld gebruik word (toonbanke, bedtafeltjie, deurhandvatsels, badkameroppervlaktes, telefone of selfone) moet gereeld skoongemaak en ontsmet word.
- Was jou hande gereeld, veral voordat jy met kos werk, nadat jy in die toilet was of nadat jy gehoes of genies het.



Was jou hande deeglik

- Gebruik hierdie stappe om jou hande vir minstens 20 sekondes te was.
- Rol jou moue op, spoel jou hande af in skoon water en smeer seep aan jou handpalm:



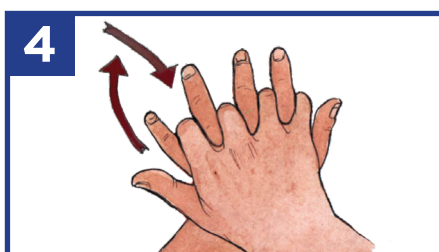
Vryf palm teen palm.



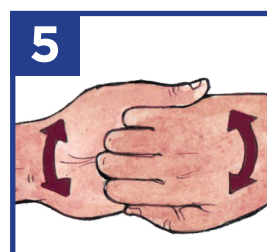
Vryf punte van naels teen palm. Eers die een hand, dan die ander hand.



Vryf vingers tussen mekaar.



Plaas een hand bo-op die agterkant van ander, vryf tussen vingers. Eers die een hand, dan die ander hand.



Gryp vingers vas en vryf dit teen mekaar.



Vryf elke duim met die palm van die ander hand. Eers die een hand, dan die ander hand.

- Spoel jou hande af met skoon water en droog dit af met papierhanddoek of laat dit self droog raak.

Openbare Hulplyn 0800 029 999 Provinsiale Hulplyn 021 928 4102
24 uur per dag beskikbaar. WhatsApp "Hi" na 060 012 3456

Vir meer inligting:
www.westerncape.gov.za/coronavirus



KORONA-VIRUS – COVID-19

Wat as ek simptome kry?

Wat is die simptome van COVID-19?

- Die meer algemene simptome van COVID-19 is dieselfde as griep en sluit in: koors, hoes, sukkel om asem te haal, moegheid, lyf of spiere wat pyn.
- Op die oomblik is daar baie min mense in Suid-Afrika wat COVID-19 het.

Wanneer moet ek begin bekommerd raak dat ek dalk COVID-19 het?

Jy moet net vermoed jy het COVID-19 as jy koors het en hoes of kortasem is EN in die afgelope 14 dae:

- a) oorsee gereis het of na 'n gebied waar COVID-19 vinnig besig is om van persoon tot persoon te versprei in die gemeenskap

OF

- b) naby iemand was wat COVID-19 het of vermoedelik COVID-19 het

As jy kortasem voel of sukkel om asem te haal, kry dadelik mediese hulp.

Bel jou dokter voor die tyd of laat weet die gesondheidsfasiliteit sodra jy daar aankom: sê vir hulle wat jou simptome is en of jy onlangs gereis het of kontak met iemand gehad het.

Maak jou reg om 'n masker op te sit voordat jy by die fasiliteit inkom.

Wat moet ek doen as ek dink ek het COVID-19?

- Moenie paniekerig raak nie.
- Bel eers die openbare hulplyn by 0800 029 999 en volg dan die raad wat jy kry.
- Bly by die huis, behalwe as jy volgens die hulplyn mediese hulp moet kry. Moenie werk of skool toe gaan nie en bly weg van plekke waar daar ander mense is. Moet eerder nie op busse, taxi's of treine klim nie.
- Rus, sorg dat jy baie vloeistof drink en medikasie (soos parasetamol) gebruik vir jou koors en/of pyn.
- Bly eerder weg van mense wat siek is. Wanneer jy rondom ander mense is, dra 'n masker as jy een kan kry.
- Moet eerder nie borde, glase, koppies, messe, vurke, lepels, handdoeke of beddegoed saam met ander mense gebruik nie. Was dit ordentlik nadat jy dit gebruik het.
- Gebruik die streng voorkomingsmaatreëls aan die ander kant van hierdie pamflet.
- Jy kan eers weer uit die huis gaan wanneer die hulplyn of gesondheidswerker gesê het jy kan (gewoonlik na 14 dae).

Die belangrikste ding wat jy nou kan doen, is om te keer dat die siekte versprei sodat jy, jou familie en jou gemeenskap veilig kan bly.

ICORONAVAYIRASI-COVID-19

Ingcebiso gabalala

Yintoni COVID-19?

Sisigulo esihamba nokuphefumla esineempawu ezibumkhuhlane (ukukhohlala, ifiva, ukudinwa kakhulu nomzimba/izihlunu ezibuhlungu). Lo umkhuhlane ungaphaya komkhuhlane oqhelekileyo, uza ngamanadla ubangele inyumoniya enevayirasi (ukufumana ubunzima ekuphefumleni).

Abantu abane (4) kwabahlanu (5) bangangaguli kakhulu yaye bakhawuleze ukuphila ngaphandle konyango. Abantu abadala kunye nabo baneemeko zempilo ezibuthathaka, ngabo abasesichengeni sokugula kakhulu. Zinqabile iimeko zolu suleleko ebantwaneni.

Ingaba inwenwa njani?

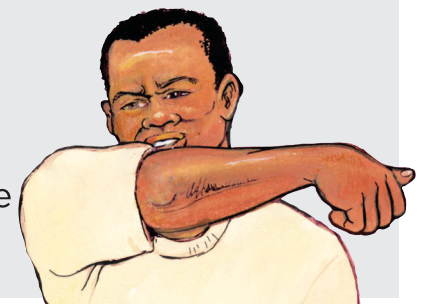
Ungakusulela iCoronavayirasi xa:

- Ubambe kwindawo okanye kwinto ethe kanti inale vayirasi, ize ke ngoko ingene emzimbeni wakho xa uthe wabamba impumlo, umlomo namehlo.
- Xa usondelelene kakhulu nesigulane (iimitha 1-2).



Thintela ukunwenwa kwayo ukugcina wena nosapho lwakho nikhuselekile:

- Gquma umlomo nempumlo ngethishu okanye ngomkhono/ngekona yengalo (kodwa ingabi zizandla zakho) xa ukhohlala/uthimla. Zilahle ngoko nangoko iithishu ezisebenzileyo wakugqiba uhlambe izandla zakho.
- Ukulumkele ukusondela kubantu abagulayo. Akukho mfuneko yokuba ufake imaskhi ungaguli okanye ungasulelekanga. Akayi kubasuleleka abanye abantu xa umntu okhohlalayo nothimlayo efake imaskhi.
- Ukulumkele ukuziphathaphatha ubuso, amehlo, impumlo okanye umlomo.
- Zicoce uzifake isibulali-zintsholongwane rhoqo izinto neendawo ebezikhe zafikelelwa zizandla. (iikhawuntala, iitafilelana zebhedi, izibambo zeengcango, iindawo ezikumagumbi okuhlambela, iifowuni).
- Zihlambe rhoqo izandla ngakumbi xa uza kuphatha ukutya/naxa uvela kwindlu yangasese okanye emva kokukhohlala/ukuthimla.



Zihlambisise izandla zakho

- Landela la manyathelo alandelayo, uthathe ixesha eliyimizuzwana engama-20 xa uhlamba izandla zakho.
- Finyeza imikhono, zihlambe izandla ngamanzi acocekileyo kunye nesepha oyisimele esandleni:

1 Hlikihla izandla zakho.	2 Hlikihla iintupha zeminwe ezandleni. Kwenze oku macal'omabini.	3 Hlikihla izandla phakathi kweminwe.	4 Beka isandla emva kwesinye uhlikihle phakathi kweminwe. Kwenze oku macal'omabini.	5 Dibanisa iminwe yakho ihlikihlane.	6 Hlikihla ubhontsi ngesinye isandla. Kwenze oku macal'omabini.
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- Zipule ngamanzi acocekileyo uzisule ngephetshana lokusula okanye uziyeke zizomele ngokwazo.

I-General Public Hotline **0800 029 999** I-Provincial hotline **021 928 4102**

Isebenza iiyure ezingama-24, usuku ngalunye.

WhatsApp **"Hi" to 060 012 3456**

Ukufumana ezinye iinkcukacha:
www.westerncape.gov.za/coronavirus



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ICORONAVAYIRASI-COVID-19

Kuya kwenzeka ntoni xa ndibona iimpawu?

Zeziphi iimpawu zeCOVID-19?

- Iimpawu ezixhaphakileyo eziye zibonakale zeCOVID-19 ziyafana nezomkhuhlane kuquka: ifiva, ukukhohlela, ukuphefumla nzima, ukudinwa kakhulu, umzimba /izihlunu ezibuhlungu.
- Bambalwa kakhulu abantu abafunyaniswe kwaqinisekiswa ukuba baneCOVID-19 eMzantsi Afrika.

Mandixhalabe nini xa ndicinga ukuba ndine-COVID-19?

Only suspect COVID-19 if you have a fever with a cough or shortness of breath AND have in the last 14 days:

- ubukhe watyelela phesheya okanye kwindawo apho inwenwa kakhulu khona iCOVID-19 ukusuka komnye umntu ukuya komnye ekuhlaleni

OKANYE

- ukhe wasondelelana nomntu ekuqinisekiswa okanye okrokreleka ukuba usulelekile yiCOVID-19

Ukuba uziva unephika okanye kunzima ukuphefumla, funa uncedo lwezonyango ngokukhawuleza.

Qala ngokutsalela ugqirha wakho okanye wazise iziko lezempilo ngokukhawuleza wakuba ufikile: baxebele ngeempawu nangeehambo zakho zakutsha nje/neendawo obukhe wakuzo. Kulindeleke ukuba ufake imaskhi ngaphambi kokuba ungene kwiziko-mpilo elo.

Mandenze ntoni xa ndicinga ukuba ndineCOVID-19?

- Musa ukoyika.
- Okokuqala, tsalela umnxeba kwinombolo yoNcedo kaWonkewonke (helpline) **0800 029 999** ulandele iingcebiso zabo.
- Hlala ekhaya, ngaphandle kwaxa usiya kwagqirha ngokwendlela oya kube uchazelwe ngayo kwi-helpline. Ungayi emsebenzini, esikolweni okanye nakweyiphi na indawo esidlalaleni/indawo kawonkewonke. Ungasisebenzisi isithuthi sikawonkewonke okanye iteksi.
- Phumla, uhlale ngokusela izinto ezingamanzi usele namayeza (njengeparacetamol) ngenxa yokuba kufuneka uhlise amandla efiva kunye/okanye iingqaqambo.
- Lumkela ukusondelelana nomntu ogulayo. Ukuba ukunye nabanye abantu, faka imaskhi xa ikhona.
- Kulumkele ukusebenzisa izitya ezisetyenziswa ngabanye abantu, iiglas, iikomityi, amacephe, iitawuli okanye izinto zokulala - wakuba uzisebenzisile zihlambise.
- Landela imigaqo yokhuseleko edweliswe kwelinye icala leli phepha.
- Ungayeka ukuzivalela wedwa kuphela xa uthe watsalela abakwa-helpline/abanyangi (emva kweentsuku ezidla ngokuba zibe li-14).

Eyona nto ibalulekileyo ongayenza kukukhusela ukunwenwa kwevayirasi ukuzigcina wena nosapho lwakho nikhuselekile.