

# CORONAVIRUS

## Let's STOP the spread

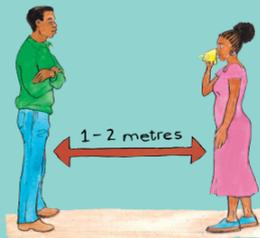
### Protect yourself and your family from getting coronavirus:

**Wash hands often** with soap and water.



**Don't touch your face** with unwashed hands.

**Avoid close contact** with people who are sick or have travelled internationally.



**Travel safely:**

- Open windows.
- Try to not touch surfaces.
- Don't touch your face.
- Wash hands when you arrive.



If you are **over 60 years** or have a **chronic disease** like HIV, TB, heart or lung disease, you are more at risk of severe coronavirus:

- Avoid social gatherings.
- If you need chronic medication, take it correctly. If you stopped it, go to your health facility to start it again.



### What should you do if you get fever, cough, sore throat and body aches?

You might have coronavirus. Don't panic, most people get it mildly.

- Rest at home, take paracetamol for fever or pain.
- Get advice from your doctor or hotline.
- If you have difficulty breathing, visit your doctor or clinic urgently. Call ahead or alert the clinic as soon as you arrive.



**Isolate yourself for 14 days:**

- Stay home.
- Don't go to work or school.
- Avoid public transport and public places.



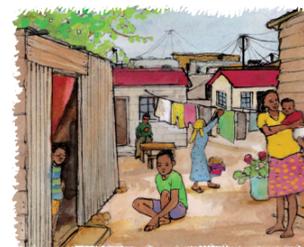
### Prevent spread while isolating yourself:



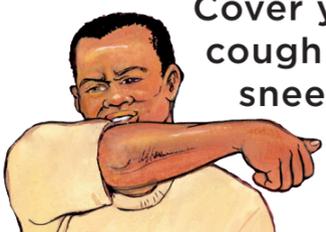
**Wash hands often.**



**Clean surfaces regularly** - 4 teaspoons bleach in 1 litre water.



**Avoid close contact**, even if you live in a crowded place. Do not hug, touch or kiss.



**Cover your cough and sneeze.**

**Don't share dishes, cups, eating utensils, towels, bedding.** Wash them well.



**Open windows and doors.**



It may be difficult to follow this advice - do the best you can. Be kind and support one another through this stressful time.

**Hotlines:**

**0800 029 999**

**021 928 4102**

**0800 111 132**

For more information:

[www.westerncape.gov.za/coronavirus](http://www.westerncape.gov.za/coronavirus)



Western Cape Government

Health