

CVID-19

PREVENT AND PROTECT

1



WEAR A FACE MASK

When in public or public places, always wear a face mask. Make sure that it fits over your nose and under your chin.

2



WASH OR SANITIZE HANDS

Wash your hands as often as possible with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.

3



MAINTAIN PHYSICAL DISTANCE

Try to maintain a safe physical distance from others. When possible, keep a distance of at least 1.5-meters from others.

4



STAY AT HOME

Only leave your house for work, school or to do essential business like shopping and do not allow others to visit you.

5



COUGH/SNEEZE IN YOUR ELBOW

Cover your mouth and nose with your bent elbow or use a tissue when you cough or sneeze. Do not use your hand.

National Hotline:

0800 029 999

Provincial Hotline:

+27 21 928 4102

National WhatsApp:

+27 600 123 456



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SYMPTOMS



Shortness of breath



Headache



High fever



Sore throat



Dry cough



Diarrhea



Muscle aches

Covid-19 is a new respiratory illness that was first discovered in Wuhan, China at the end of 2019. It has now spread to all continents and was declared a pandemic by the World Health Organisation on the 11th of March 2020.

To date, there are more than 125 000 confirmed cases in South Africa and more than 10-million around the world.

It has caused the death of more than 2 500 people in our country and thus far, more than 500 000 people have died globally as a result.

The Langeberg has also seen a dramatic increase in cases since the first case was reported at the end of March. To date, around 400 people in the area have tested positive for the virus and 12 have died.

Unless something urgent and drastic is done, we will see more infections and ultimately more deaths.

The virus is spread from person to person. No other way. And it is only people who can stop the spread.

So, if each and everyone in the Langeberg would simply follow the 5 rules to prevent further spread of the virus and protect each other, we will save lives.

Moreover, if everyone will insist that all others stick to the rules, we will save even more lives.

This is the time to care. The lockdown is not over.

We need to work together to prevent the spread of the virus, care for one another and keep each other safe.

WHAT SHOULD I DO IF I SUSPECT THAT I HAVE THE VIRUS?

1. Do not panic. Phone the General Public Hotline 0800 029 999 or the Provincial Hotline +27 21 928 4102 and follow their advice.
2. Stay home, except to get medical assistance as directed by the hotline. Do not go to work, school or any public areas. Avoid using public transport.
3. Rest, ensure that you drink plenty of fluids and use medication like paracetamol as needed to reduce fever and/or pain.
4. Avoid close contact with those who are sick. When in contact with others, wear a mask.
5. Avoid sharing dishes, drinking glasses, cups, eating utensils, towels or bedding.
6. Only discontinue isolation in consultation with helpline/healthcare provider (usually after 14 days).