

Coronavirus in Cape Town Winter 2020

5 Golden Rules

1. Wash hands
2. Don't touch face
3. Keep apart
4. Cover your cough
5. Sick? Stay home

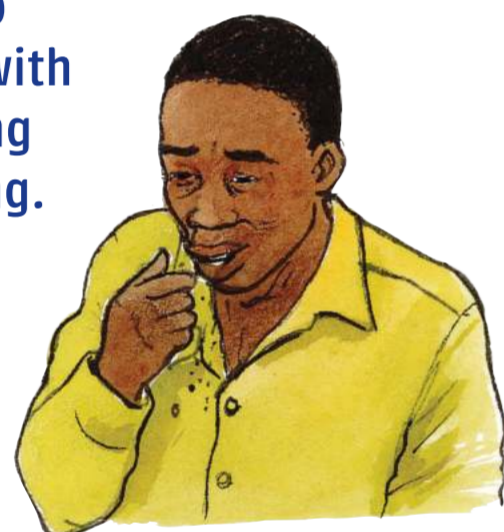
Take extra care if you are elderly or at risk of severe COVID-19

- Strictly follow the 5 Golden Rules of Good Hygiene.
- Stay home as much as you can.
- Limit the people you interact with.
- Ask someone to do your shopping and collect your medication or grant/pension.
- Adhere to your chronic treatment. Restart it if you stopped it.



What is coronavirus disease (COVID-19)?

- COVID-19 symptoms are similar to having flu. It can cause cough, fever, a sore throat, loss of smell or taste.
- Most people will have a mild illness and can be safely managed at home.
- Some will develop severe COVID-19 with pneumonia causing difficulty breathing.
- There is currently no vaccine or cure for COVID-19.



You could be at risk of severe COVID-19:

- If you are 55 years or older or
- If you are any age and have:
 - Diabetes, hypertension or heart disease on treatment
 - Cancer on treatment
 - TB on treatment
 - HIV with poor adherence to ARVs
 - Chronic lung disease on treatment (e.g. asthma, emphysema, chronic bronchitis)



I have COVID-19 symptoms. Now what?

- If you are at risk of severe COVID-19, contact your health provider, facility or hotline to discuss having a test for COVID-19.
- If you are not at risk of severe COVID-19, assume you have COVID-19. Don't panic. Remember most people have a mild illness. You are unlikely to be tested unless you are at risk of severe COVID-19.
- Stay home unless you have warning signs. If working, inform your supervisor.
- Limit contact with others. Safely isolate in your own room if possible.
- Ask someone to do your shopping and, if needed, collect medication or pension/grant.
- Watch for warning signs, especially at 5-7 days.
- If symptoms are no better after 7 days, contact health provider, facility or hotline.
- You can stop isolation 10 days after your symptoms started.
- Continue to take precautions to prevent COVID-19.

Warning signs

If you have shortness of breath, persistent chest pain/pressure, confusion or worsening drowsiness, seek help urgently. If needed, call an ambulance.

Returning to work after COVID-19

A person who has had COVID-19 is likely to recover completely, will no longer be infectious, and can return to work safely at least 10 days after the start of symptoms.



Be kind

- COVID-19 affects us all. It will infect many of us.
- Be patient. Everyone is suffering and measures to limit the spread are not easy to do.
- Avoid treating those who have had COVID-19 differently. After 10 days, they will no longer be infectious.
- Physical distancing should not mean social isolation. Stay connected and reach out to others.
- Avoid spreading fake news or messages that cause panic and fear.
- Show appreciation for those helping.

Who will be tested for COVID-19?

- As more people get COVID-19, it will not be possible to test everyone.
- Tests will need to be kept for those at risk of severe COVID-19 and for health workers.



STAY SAFE. SAVE LIVES.



Western Cape
Government

FOR MORE INFORMATION:
www.westerncape.gov.za

Coronavirus spreads easily

Every time we leave home, there is a chance we may catch coronavirus:

- By being in close contact (within 1m) with someone who has COVID-19 or
- By touching a surface with coronavirus on it and then touching our eyes, nose or mouth.



If you are going out, here's how to do it safely

1 Think twice

- Only go out if you have to.
- Reduce trips to the shops. Avoid crowded places.

2 Follow the 5 Golden Rules of Good Hygiene

3 Wear a cloth mask

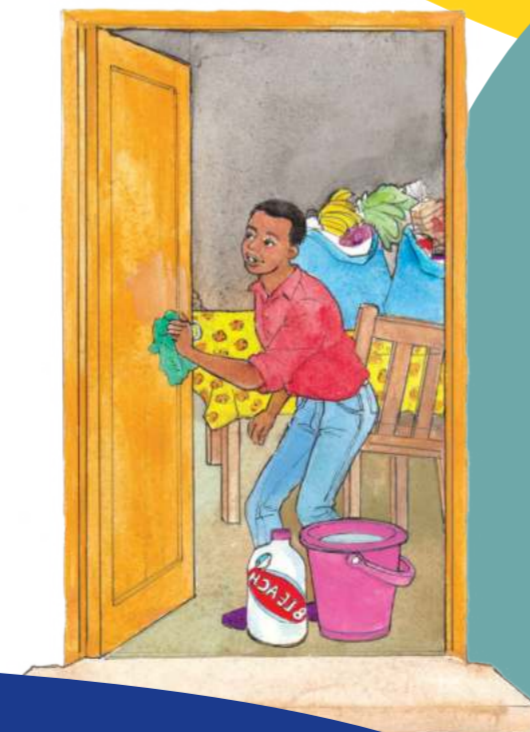
- Use a clean mask every time you go out.
- Ensure mask covers mouth and nose.
- Avoid touching your mask.
- Never share a mask.



4 Use hand sanitiser before and after touching items.

5 On returning home

- Remove your mask touching straps only.
- Disinfect objects you touched (like keys) and wash hands well before touching anything or anyone in your home.



Follow the 5 Golden Rules of Good Hygiene

1

Wash your hands often for at least 20 seconds with soap and water.



2

Do not touch your face with unwashed hands.



3

Cough or sneeze into a tissue or your elbow. Throw the tissue away safely.



4

Keep 1,5 metres away from others.



5

Stay home if unwell. Contact a hotline or your health worker.



Keep your home coronavirus-free

- Disinfect frequently touched surfaces and objects like door handles, keys and cell phones with a diluted bleach solution.
- Wash cloths, sponges and towels frequently.

6x teaspoons



Get the help you need

COVID-19 symptoms?

- Western Cape Provincial Health Hotline 021 928 4102
- National Coronavirus (COVID-19) Health Hotline 0800 029 999 (tollfree)

SASSA

- 0800 60 10 11 (tollfree)
- 021 469 0235
- grantenquiries@sassa.gov.za

Suffering domestic violence?

- Gender Based Violence Command Centre 0800 428 428 or *120*7867# from a cell phone
- Childline SA (ages 0-16 years) 0800 055 555 (24 hour - tollfree)

Reliable COVID-19 information:

- www.westerncape.gov.za/coronavirus
- www.sacoronavirus.co.za
- www.who.int



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