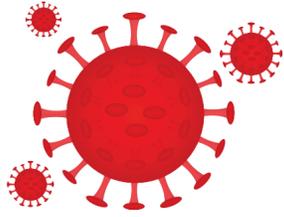


CORONAVIRUS COVID-19 INFORMATION AND GUIDELINES

WHAT IS IT?

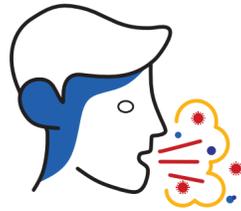


Coronavirus disease (COVID-19) is an infectious disease caused by a new virus that had not been previously identified in humans. The virus causes respiratory illness (like the flu) with symptoms such as a cough, fever and in more severe cases, pneumonia.

HOW DOES THE VIRUS SPREAD?

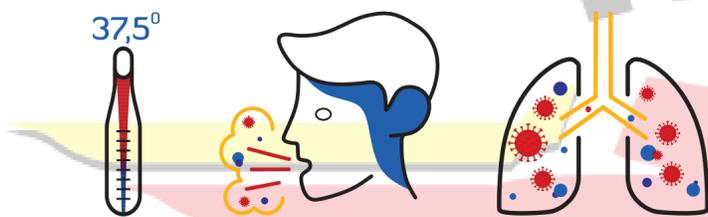


A normal mask does not protect against contamination.



The virus spreads primarily through contact with an infected person when they cough or sneeze, or through droplets of saliva or discharge from the nose.

WHAT ARE THE SYMPTOMS?



In most cases the virus is characterized by mild symptoms including a runny nose, sore throat, cough, and fever. The illness can be more severe for some people and can lead to pneumonia or breathing difficulties.

Older people, and people with other medical conditions (such as asthma, diabetes, or heart disease), may be more vulnerable to becoming severely ill.

HOW DO YOU PROTECT YOURSELF?



Wash your hands regularly and properly with water and soap or an alcohol-based hand rub.



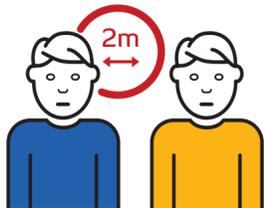
Cover nose and mouth when coughing and sneezing with tissue or Cough or sneeze into the crease of your elbow.



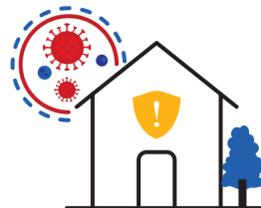
Avoid shaking hands or kissing.



Avoid touching your face with your hands.



Avoid close contact (2 or more metres away) with anyone with cold or flu-like symptoms



Stay at home if you are sick. Don't go to work or school. If you develop a fever, cough, and have difficulty breathing, promptly seek medical care.

INFO LINE

National Department of Health
Coronavirus WhatsApp Line
060 012 3456



Proud member of the
Train Learn Develop Group

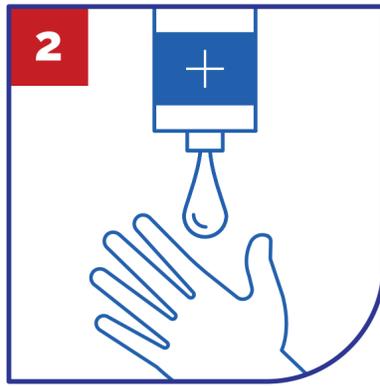
This document is available for free download at www.tltrust.org.

Web: SACoronavirus.Co.ZA - Twitter: @HealthZA

HOW TO WASH YOUR HANDS A GUIDELINE



1 WET YOUR HANDS



2 APPLY SOAP LIBERALLY



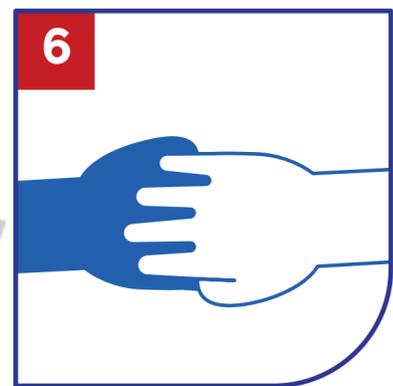
3 RUB PALM TO PALM



4 RUB OVER THE BACK
OF YOUR HAND



5 INTERLACE YOUR FINGERS



6 WASH THE BACK
OF YOUR FINGERS



7 WASH YOUR THUMBS



8 THEN WASH YOUR FINGERNAILS



9 RINSE YOUR HANDS



10 USE A PAPER TOWEL
TO DRY YOUR HANDS



11 USE A PAPER TOWEL
TO TURN OFF THE TAP



12 YOUR HANDS ARE CLEAN ☺

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