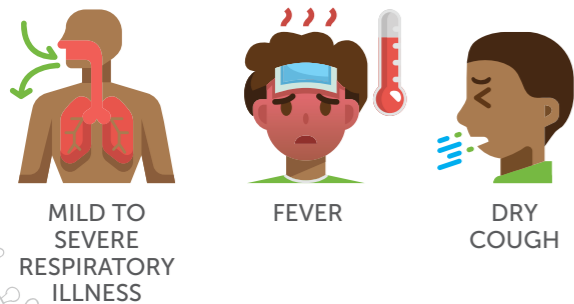


What is COVID-19?

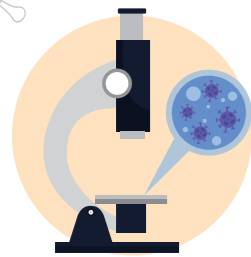
A coronavirus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. Whilst most coronaviruses aren't dangerous, SARS-CoV-2, is a coronavirus that causes COVID-19, a disease that can trigger a respiratory tract infection in your upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs). It spreads the same way other coronaviruses do, mainly through person-to-person contact. Infections range from mild to deadly.

Most common symptoms



Other associated symptoms

- TIREDNESS
- ACHES AND PAINS
- SORE THROAT
- DIARRHOEA
- CONJUNCTIVITIS
- HEADACHE
- LOSS OF TASTE OR SMELL
- A RASH ON SKIN, OR DISCOLOURATION OF FINGERS OR TOES



COVID-19 is diagnosed through a sample collected from the nose, throat or lungs and then analysed using a microscope



There is currently no vaccine or cure. Treatment is supportive i.e. providing oxygen for patients with shortness of breath or treating a fever. Antibiotics do not treat viral infections, but would be required to treat any bacterial secondary infections that may develop in patients with COVID-19.

Preventing the Spread of COVID-19

- Wash your hands often with soap and water for at least 20 seconds
- Practice social distancing
- If soap and water are not available, use an alcohol-based hand sanitiser
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay at home if you are sick and try and keep a distance from others at home
- Cough or sneeze with a flexed elbow or a tissue, then throw the tissue in the bin
- Clean and disinfect frequently touched objects and surfaces

Preventing the Spread of COVID-19 when Using Public Transport

It is important to wash your hands for **20 seconds** or use an **alcohol-based sanitiser** as follows:

- Before using public transport
- After touching doors, handrails or money
- After contact with other people
- Before touching your eyes, nose or mouth
- When you arrive at your destination



Safety Do's and Don'ts for Cloth Masks

It is mandatory to wear a mask in South Africa and a fabric mask can protect others around you.

- WASH HANDS:** Before touching a clean mask, Before removing a mask, After removing a mask
- Do not use a mask that is damaged, dirty or wet
- Do not wear a mask that is too loose or that gapes on the side when on the face. Adjust straps if necessary
- Mask must cover nose, mouth and chin – do not wear mask under the nose
- Do not remove mask if there are people within 1 metre of you
- Do not wear a mask that is difficult to breathe through
- Use the straps to remove mask from storage, to put it on and to take it off
- Store mask in a clean plastic bag or container
- Wash a mask in hot, soapy water after it has been used
- Dry in the sun and iron mask if possible
- Avoid touching the inside of the mask – especially if your hands are not clean
- Do not share a mask with others

What to do if You Get Hand Sanitiser in Your Eyes

- **Remain calm.** Whilst the experience may be very painful, no permanent damage to the eye will occur
 - Keep your hands away from your eye and avoid rubbing the eye so as not to get more of the solution or rub in them. If possible, rinse the alcohol off your hands with water
 - If you have eye drops, such as Tears Naturale, Optive, Systain or Xailin, place a few drops into your irritated eye as this will help soothe your eye. Tilt your head back, pull the lower lid down with your index finger and place 1-2 drops in the pouch that is formed. You can repeat every ten minutes if necessary. If you are unable to do this yourself, we suggest you ask a friend or family member to help
 - If the alcohol-based rub was sprayed into your eyes, rinse your eyes out with clean water ONLY for about 3-5 minutes. Run the tap, splashing water into your eye, keeping your eye open throughout. Alternatively, you can fill a basin or bucket with clean water and put your face into the bowl, keeping your eyes open (similar to swimming with your eyes open)
- Source: Pietermaritzburg Eye Hospital



COVID-19 Information Resources and Contact Information

- National Department of Health:** <http://www.health.gov.za/>
- National Institute for Communicable Diseases:** <https://www.nicd.ac.za/>
- National Institute of Occupational Health:** <http://www.nioh.ac.za/>
- National Health Laboratory Service:** <https://www.nhls.ac.za/>
- COVID-19 Hotline Number:** 0800 029 999
- COVID-19 WhatsApp Number:** 0600 12 3456
- COVID-19 online resources and news portal:** <https://sacoronavirus.co.za/>
- COVID-19 free website:** <https://coronavirus.datafree.co/>
- COVID-19 online resources:** <https://www.gov.za/coronavirus/>
- COVID-19 Rapid Reviews:** <http://www.health.gov.za/index.php/national-essential-medicine-list-committee-nemlc/category/633-covid-19-rapid-reviews>
- World Health Organization:** <https://www.who.int/>