WHAT YOU NEED TO KNOW ABOUT
CORONAVIRUS (COVID-19)
On 31 December 2019, the World Health Organization (WHO) reported a cluster of pneumonia cases in Wuhan City, China. ‘Severe Acute Respiratory Syndrome Coronavirus 2’ (SARS-CoV-2) was confirmed as the causative agent of what we now know as ‘Coronavirus Disease 2019’ (COVID-19). Since then, the virus has spread to more than 100 countries, including South Africa.

**COVID-19 is an infectious disease that is spread, directly or indirectly, from one person to another.**

### Infection:

An infected person can spread the virus to a healthy person through:

- the eye, nose and mouth or through droplets produced on coughing or sneezing.
- close contact with an infected person.
- contact with contaminated surfaces, objects or personal items.

### Symptoms:

The general symptoms include:

- Fever
- Cough
- Trouble/difficulty with breathing
- Sore throat.

### Prevention:

To prevent the spread of the virus:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if you cannot wash your hands with water.
- Keep a safe social distance by avoiding crowded areas or gatherings of more than 10 people.
- Avoid close contact with people who are not feeling well.
- Avoid touching your mouth, eyes and nose.
- Keep at least a metre distance between yourself and anyone who is coughing or sneezing.
- Use tissue paper when coughing and sneezing, then throw it in a bin.
- Avoid running your hands on frequently touched surfaces such as hand rails.
- Regularly disinfect your frequently touched objects such as cellphone, cards, car keys and keyboards.
- Consult your doctor if not feeling well and stay at home to recover fully.
- Use the flexed elbow, foot bump or wave to greet instead of a handshake.
- Wear a face mask, especially the cloth face mask, when in public.

Ignore Fake News and obtain official information from:

- [www.gov.za](http://www.gov.za) or [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)
- send the message “Hi” to 0600 123 456 for WhatsApp support
- call the 24-hour toll-free hotline: 0800 029 999