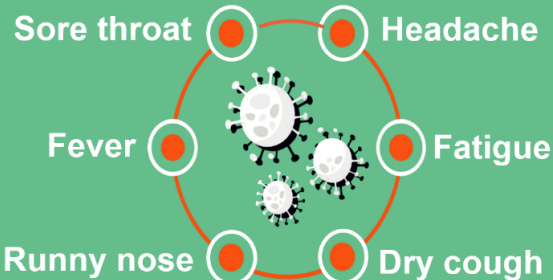# CORONAVIRUS
— COVID-19

WHAT IS IT?

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus.

The disease causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty breathing.
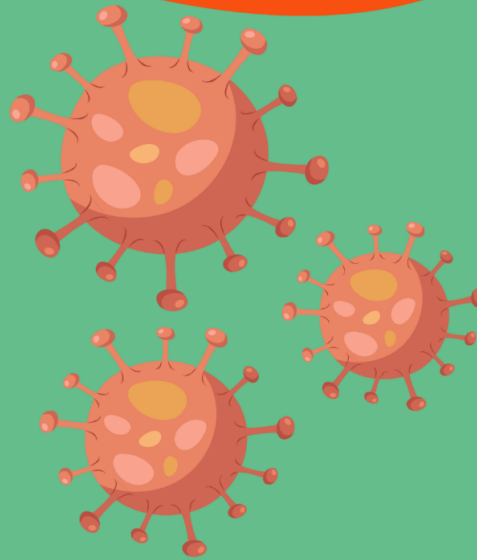
Even people with no symptoms can carry the virus and infect others.

Symptoms

Symptoms of COVID-19 | Corona virus

Sore throat   **Headache**

Fever   **Fatigue**

Runny nose   **Dry cough**

Even people with no symptoms can carry the virus and infect others.

Symptoms may appear 2-14 days after exposure.

The more symptoms, the more likely it is you are infected with the COVID-19 | Coronavirus. Seek medical advice if you develop symptoms, if your fever is above 38 degrees Celsius and if you have been in close contact with a person who has COVID-19 or symptoms.

For more information on COVID-19, contact the National Institute of Communicable Diseases' (NICD) consumer 24-hour toll-free hotline number:

0800 029 999

Or visit the website:
https://www.gov.za/Coronavirus

Face Mask:
Those showing symptoms of this disease should wear a mask to help prevent the spread of the disease.

Wearing a mask is not recommended for those who are well. It can increase infection.

Avoid crowded places or close contact:

Especially with people who are sick and the elderly.

Stay home when you are sick. Do not expose others.

Wash hands:
Washing your hands is the best protection.

Wash often
-Use soap and water
-Wash for at least 20 seconds

Use hand sanitizer
-Alcohol-based
-When washing is no option

Cover cough or sneeze:
Using a tissue is the best option.

Use a tissue, then
-Throw it away
-Wash your hands

If no tissue:
-Cough into elbow
-Sneeze into