

CORONAVIRUS

— COVID-19

SYMPTOMS

Symptoms of COVID-19 | Corona virus

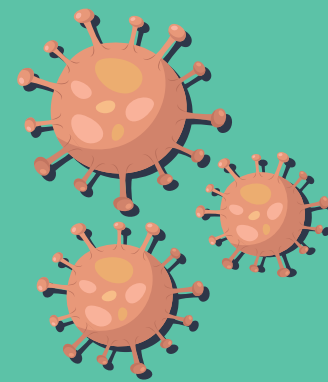
-People with increased risk: elderly, obese, people with lung diseases or lung defects, diabetics, people with cardiovascular disease, immunocompromised (weak immune system, including people with HIV/AIDS)

-Frequency of symptoms: Fever (88%), Coughs (68%), Fatigue (38%), production of sputum (33%), Shortness of breath (19%), Sore muscles (15%), Headache (14%), sore throat (14%), vomiting or diarrhea (9%), Conjunctivitis (3%), loss of smell and taste thoracic complaints

-80% of infected people only show mild symptoms. It's common for people with more severe symptoms that worsening of conditions starts after 5-7 days. After 5-7 days, fatigue and exhaustion are common among people with severe complaints.

-It's also possible to carry the virus when showing no symptoms

-If having symptoms call first wherever possible before visiting a doctor or clinic to avoid infection.



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.

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>

PREVENTION



Face Mask:

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

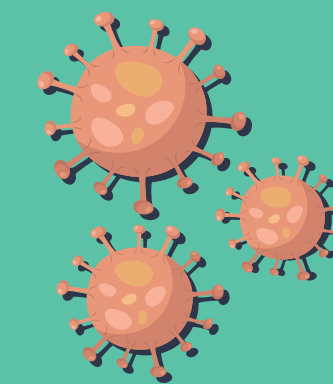
Wearing a mask is not recommended for those who are well. It can increase infection.



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 elbow.