



GOVERNMENT NEWS



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GOVERNMENT MESSAGES OF THE DAY

CORONAVIRUS

- Government calls on the public to remain calm and avoid spreading misinformation about the Covid-19.
- Government applauds the swift response of the National Institute for Communicable Diseases (NICD) in dealing with the country's first confirmed case of the virus.
- Every person must practice responsible behaviour to contain the spread of Covid-19. This includes: regular washing of hands with an alcohol based hand rub or wash them with water and soap; maintaining at least a 1 metre distance between yourself and anyone who is coughing or sneezing.
- The prevention of the spread of Covid-19 can be contained by staying at home if you feel unwell. If you have a fever, cough and difficulty in breathing, seek medical attention and call in advance.
- To obtain more information on the guidelines of the Covid-19, the NICD's can be contacted using the general public hotline 0800-029-999, from Monday to Friday, 8am to 4pm.
- More educative information can also be accessed on <http://www.health.gov.za/index.php/outbreaks/145-corona-virus-outbreak/465-corona-virus->



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Where to find information on the Corona virus in South Africa.

National Institute of Communicable Disease



Toll free: 0800 029 999



Hotline: 082 883 9920



Websites: www.nicd.ac.za

Department of International Relations and Cooperation



Phone: (012) 351 1754



Email: ciccn@dirco.gov.za

What is Coronavirus?

(1/2)

Coronaviruses are a large family of viruses which may cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recent Coronavirus disease is referred to as COVID-19.

Source: World Health Organization



#coronavirus



Symptoms of Coronavirus Disease 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms can include:

COUGH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19

FEVER



Symptoms may appear 2-14 days after exposure

SHORTNESS OF BREATH



Protect yourself and others from the disease

#coronavirusupdate

COVID-2019



health

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- Wash your hands often with soap and water for at least 20 seconds.
- 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.



- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- Remember to maintain your distance from others



- Clean and disinfect frequently touched objects and surfaces.

www.gov.za | www.nicd.ac.za | www.health.gov.za



Republic of South Africa



Protect yourself and other from getting sick

Remember to always wash your hands:

- 🌿 After coughing or sneezing
- 🌿 When caring for the sick
- 🌿 Before, during and after you prepare food
- 🌿 Before eating
- 🌿 After toilet use
- 🌿 When hands are visibly dirty
- 🌿 After handling animals or animal waste

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Wash your hands

Break the cycle of diseases - clean hands save lives

**Always wash your
hands thoroughly with
clean water and soap**



Protect yourself and other from the disease

#coronavirusupdate

COVID-19



health

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