

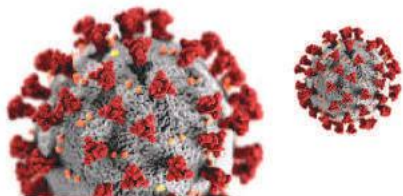
PREVENTATIVE MEASURES

PLEASE NOTE: For those with a weakened immune system, older people, children and people with pre-existing medical conditions (such as diabetes, heart disease, and Immune Disorders) are more at risk of developing a severe disease e.g.: Pneumonia or Bronchitis.

RISK REDUCTION: There are currently no vaccines available to protect you against the Coronavirus infection.

TRANSMISSION IS REDUCED THROUGH:

- Avoid close contact with people suffering from acute respiratory infections.
- Frequent hand-washing, especially after direct contact with ill people in their environment.
- Avoid unprotected contact with farm or wild animals.
- People with symptoms of acute respiratory infection should practise cough etiquette e.g. cover your mouth when coughing and sneeze with your hand in a tissue.



LIST OF REGIONAL HOSPITALS

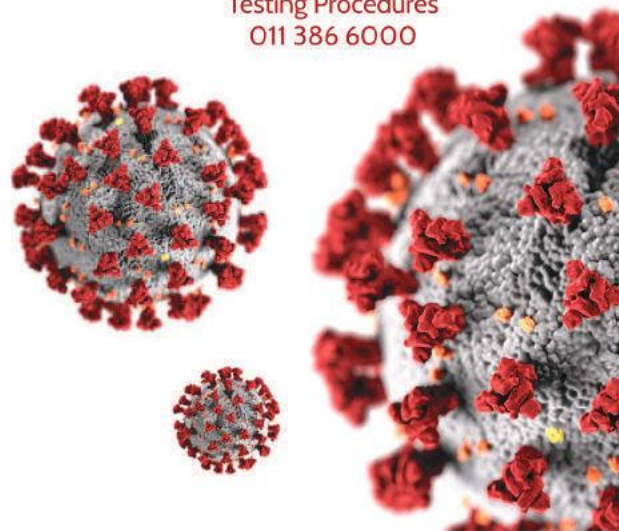
PROVINCE	DESIGNATED HOSPITAL	CONTACT NUMBER
Limpopo	Polokwane Hospital	015 287 5000
Mpumulanga	Rob Ferreira Hospital	013 741 6100
Gauteng	Charlotte Maxeke Hospital	011 488 4911
	Steve Biko Hospital	012 354 1590/1597
	Thembisa Hospital	011 923 2000
KwaZulu-Natal	Greys Hospital	033 897 3000
North West	Klerksdorp Hospital	018 406 4600
Free State	Pelenomi Hospital	051 405 1911
Northern Cape	Kimberly Hospital	053 802 2124
Eastern Cape	Livingston Hospital	041 405 2100
Western Cape	Tygerberg Hospital	021 938 4911

EMERGENCY CASE REPORTING INFORMATION

NICD
National Institute for Communicable Disease

1 Modderfontein Road
Sandringham
General Landline: 011 386 6400
Coronavirus Hotline: 066 562 4021

NGLS
National Health Laboratory Service
Testing Procedures
011 386 6000



medicare ²⁴

CORONA VIRUS

ALL YOU NEED TO KNOW

On 31 December 2019, the World Health Organisation in China reported a cluster of Pneumonia cases in Wuhan, China.

On 7 January 2020, the Causative Pathogen was identified as a Novel Coronavirus (COVID-19).

It is an enveloped single stranded positive - sense RNA Virus.

HOW DOES IT SPREAD?

Human Coronavirus is most commonly spread from an infected person to others, through:

- Coughing and sneezing
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands thoroughly.
- Close personal contact, such as touching, kissing or shaking hands.



SIGNS AND SYMPTOMS:

- Fever like symptoms
- Gastro Intestinal symptoms
- Cough
- Shortness of breath
- Fever (38C and up)
- Sore/painful throat
- Headache
- Runny nose
- Diarrhoea
- General body aches and pains

HOW DO YOU KNOW IF YOU HAVE THE VIRUS AND WHO SHOULD BE TESTED?

*Criteria for persons under investigation

- People with above mentioned symptoms
 - In the 14 days prior to the onset of symptoms, met at least one of the following epidemiological criteria:
 1. Were in close contact with a confirmed or probable case of COVID-19 infection.
- OR
2. Had a history of travel to areas with a presumed ongoing spread and transmission of the virus.



WHAT HAPPENS IF I HAVE THE VIRUS?:

- You will be isolated with immediate effect
- Those who have been in close contact with you, will be advised to:
 - Remain at home in Quarantine.
 - Avoid unnecessary social contact.
 - Avoid travel.
 - Remain reachable for monitoring by health professionals.
- Your health care provider will follow procedures as per WHO.
- Report the case to the NICD to allow a risk assessment to be carried out and guide laboratory testing.
- Record keeping by completing the correct forms.
- Treatment according to WHO.