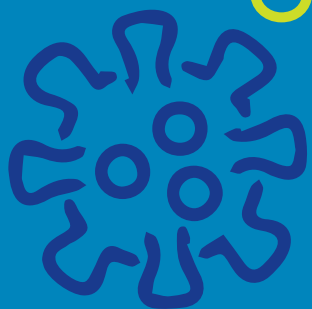Western Cape
Government

LET'S **STOP** THE SPREAD
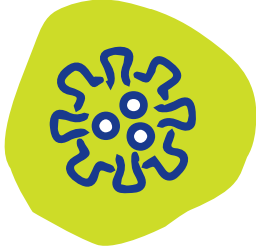
What is coronavirus and COVID-19?
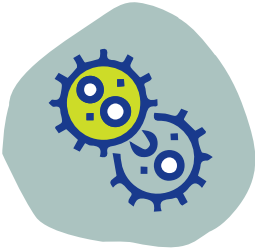
Keep Safe. Save Lives.
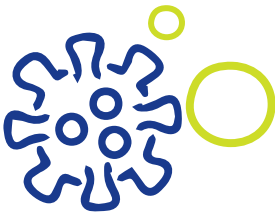For more visit: coronavirus.westerncape.gov.za

What is coronavirus and COVID-19?

Coronaviruses are a group of viruses that can make people and animals sick.

A virus is something that can make people sick.

1 type of Coronavirus that can make people sick is called **COVID-19**.

COVID-19 can pass from person to person.

People with COVID-19 may:

- have a cough

- have a fever - this is when you get really hot

- find it hard to breathe.

It is important to know that people who get a cold or flu may also have these things. Anyone with these symptoms should go for a check-up immediately.

Some people with COVID-19 may not get sick.

But they can still pass the virus to another person.

14 days

It can take up to **14 days** from the time a person has been around someone with COVID-19 to when they get sick.

When a person has COVID-19 they can spread droplets onto things or people around them when they:
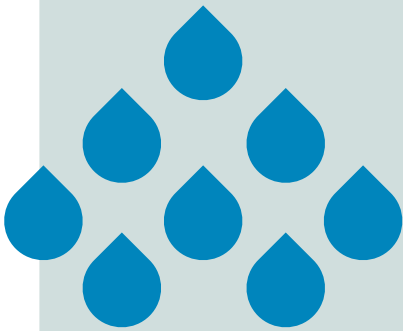
- cough

- sneeze

- talk

- touch other people like shaking hands

- touch surfaces or objects that someone else then touches

Droplets are very small bits of liquid that come out of a person's nose or mouth.

The droplets could have the COVID-19 virus in them.

Risky Surfaces and objects are things like:

- tables

- bathroom sinks

- kitchen benches

- door handles.

This factsheet will tell you what you can do to have less chance of getting COVID-19.

Things you can do to protect yourself and others from COVID-19

There are some important things that everyone can do to stop the spread of COVID-19.

You should:

- stay away from people who are unwell with a cold or flu

- stay home if you feel unwell

- cover your mouth and nose with a tissue when you cough or sneeze

- throw away any tissues that you use

- cough or sneeze into your elbow if you have no tissues.

Make sure you wash your hands with soap and water for at least 20 seconds:

- after coughing or sneezing
- after blowing your nose
- before eating or touching food
- after using the toilet
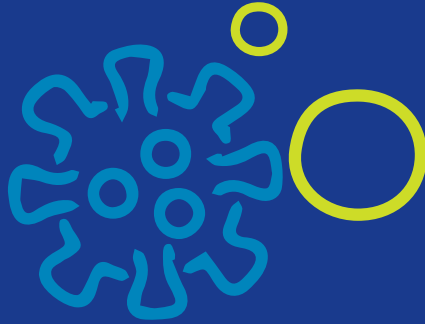- after helping children wipe their noses
- after caring for sick people
- If there is no water or soap you can use hand sanitiser.

Another important thing you can do is try not to touch your:

- eyes
- nose
- mouth.

It is also a good idea to clean surfaces and objects that you use a lot.

If you have any questions about COVID-19 you can call the:

National hotline: 0800 029 999

Provincial hotline: 021 928 4102

WhatsApp "Hi" to 060 012 3456

You will not be charged on any calls or messages to the COVID-19 Hotline.

The Hotline is open for 24 hours every day of the week.

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