



WHAT ARE THE SYMPTOMS?

Fever	Tiredness
Dry cough	Difficulty in breathing

WHAT CAN I DO TO AVOID GETTING THE VIRUS?

Don't touch your face, mouth, nose or eyes without washing your hands.



WHAT SHOULD I DO IF I THINK I HAVE THE VIRUS?

If you have a **fever, cough** AND have **difficulty breathing** you should:

Speak to your healthcare practitioner	Share your recent travel history
Avoid travel	Avoid contact with others

HOW DOES IT SPREAD?

The virus is infectious and spreads from people who are infected to others through:

	The air by coughing and sneezing
Close personal contact, such as touching or shaking hands	Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes without washing your hands

Wear a face mask when going out to public spaces	Good personal hygiene can protect you and your family
--	---

NICD Helpline
0800 029 999

COVID-19 Hospital in North West:
Klerksdorp Hospital
John Orr St, Naserhof
Tel: 018 406 4600

HOW CAN I PROTECT MYSELF AND OTHERS FROM GETTING SICK?

	Wash your hands regularly and thoroughly for 20 seconds with soap and water or use an alcohol-based hand rub
Avoid close contact with anyone who has fever and cough. Avoid close contact with other people if you are coughing or have a fever	Cover your mouth and nose with your elbow or a tissue when you cough or sneeze
Only eat well-cooked food, especially meat and eggs	Never spit in public