

SPREAD AWARENESS, NOT CORONAVIRUS

PROTECT YOUR COMMUNITY AND THE HEALTH OF EVERYONE!

Coronavirus or Covid-19 has spread across the world. By 18 March there were 116 positive cases in South Africa – in Limpopo, Mpumalanga, KZN, Free State, Western Cape and Gauteng.

HOW DOES THE COVID-19 VIRUS SPREAD?

The virus spreads very easily from person to person (within 1-2 metres) in the droplets that are produced when an infected person coughs, sneezes or talks. You can also catch the virus when you touch a surface or object that has the virus on it and then touch your face (mouth, nose and eyes).

The risk of infection is highest for people who come into contact with someone who has Covid-19. You can only know if a person is positive if they have tested. Testing for the virus is done in a specialised laboratory.

HOW DANGEROUS IS THE VIRUS?

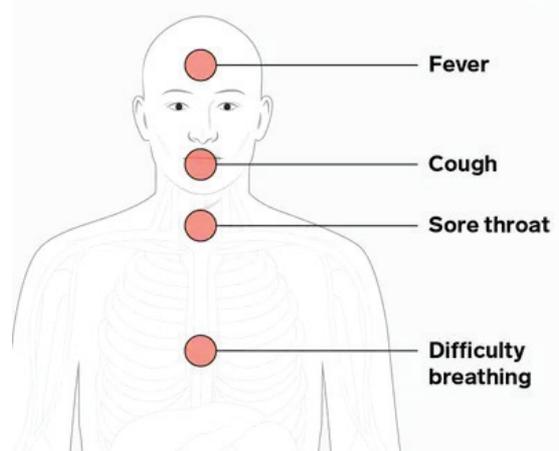
Although the virus can infect anybody, most people who die from the infection are older people or those suffering from underlying illnesses like high blood pressure, heart and lung problems or diabetes. People who get infected with Covid-19 may develop serious pneumonia.

In South Africa the working class is at high risk of contracting coronavirus because of widespread poverty, social inequality, the failing public health system, a legacy of poor nutrition, overcrowding, and chronic diseases. **We must take every precaution to contain the spread of the virus everywhere – households, workplaces, organisations and communities.**

WHAT ARE THE SYMPTOMS?

The most common symptoms include (but are not limited to):

- Dry cough
- Fever
- Fatigue (feeling very tired)
- Shortness of breath (difficulty breathing)
- Sore throat



PREVENTION: How to minimise the spread of the COVID-19 virus

- **Good hand hygiene:** Wash your hands (front and back, between your fingers, and nails and the forearms) with soap and water for at least 20 seconds. Do this before and after eating, and after using the bathroom, blowing your nose, coughing or sneezing. If water is not available, use an alcohol-based hand sanitizer.
- **Cover your face when coughing or sneezing.** Use clean tissues and discard immediately.
- **Clean and disinfect** objects and surfaces that you touch often (like mobile phones, door handles, etc.).
- **Avoid touching your face** (nose, eyes, mouth, etc)
- **Avoid touching surfaces** such as bannisters, escalators, door knobs and buttons in lifts.
- **Avoid contact with people who are sick.**
- Face masks offer limited protection because they are loose-fitting.

IF YOU ARE SICK: If you experience symptoms of Covid-19 –

- Isolate yourself immediately by staying at home and seek advice
- **Call the Emergency Hotline:** 0800 029 999
- Send Hi to the **WhatsApp Support Line:** 0600 123456
- Avoid public places so that you don't infect others
- Seek medical attention if you develop symptoms.

TREATMENT: There is no specific treatment for COVID-19, but you need to seek medical care to help relieve your symptoms. In severe cases, treatment will be administered under quarantine, at a hospital or health facility. Treatments and vaccines are being researched and evaluated internationally and will hopefully yield successful results soon, but it is still expected to take some time.

Arm yourself with knowledge, strengthen solidarity, share and pool resources and practice compassion – none of us will get through this alone.

**# Organise and Unite Against the Coronavirus
PREVENTION IS BETTER THAN CURE!**



Endorsed by:

Gauteng Community Health Workers Forum; GIWUSA; African Reclaimers Organisation; Feminist Network; Khanya College, Simunye Workers Forum; Casual Workers Advice Office

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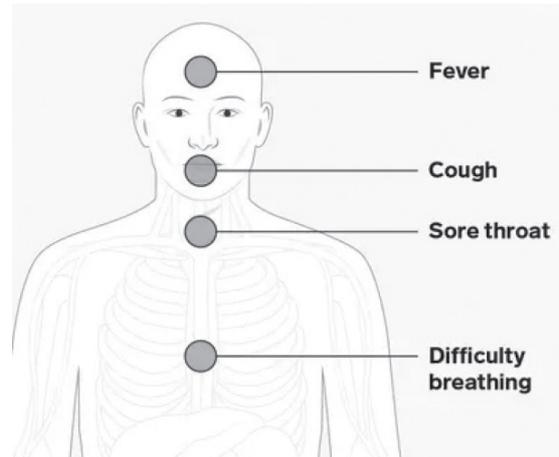
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