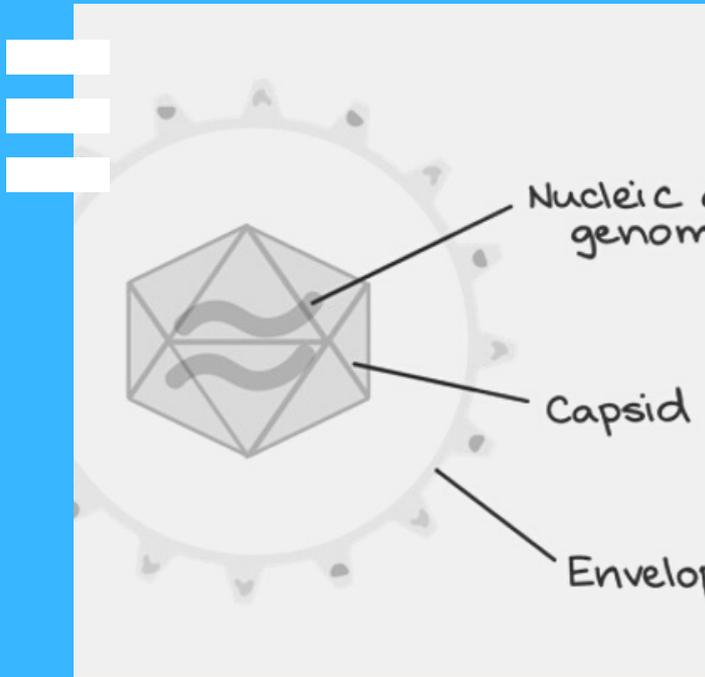


CORONA VIRUS COVID-19

know the facts



what is a virus

A virus is a tiny infectious particle that can only multiply in the cells of a living host e.g. an animal, plant or human. Viruses reprogramme host cells to produce more viruses almost like a "virus factory".

Viruses are not considered living and cannot reproduce without a host. We tend to think of a viral infection as a nasty collection of symptoms, like flu or chickenpox.

what is coronavirus

Coronaviruses (CoV) are a large family of viruses causing illnesses ranging from common colds to more serious illnesses like MERS and SARS and more recently novel Coronavirus (nCoV) a new strain not previously identified. Coronaviruses are "zoonotic" meaning they are spread from animals to humans e.g. MERS was spread from dromedary camels to humans and SARS civet cats to humans.

what is covid 19

COVID-19 is the disease caused by the new/novel coronavirus that was previously unknown before emerging in December 2019. It is believed to have originated with animals and spread to humans at a live animal market in the central Chinese city of Wuhan. Covid 19 can infect anyone regardless of race. It has now been detected in 60 locations internationally with very few cases in Africa.



what are the symptoms

Reported illnesses have ranged from mild symptoms to severe illness and in some cases death.

Symptoms may appear 2-14 days after exposure.

Symptoms include:

- Fever
- Cough
- Shortness of breath

what should you do if you have these symptoms

If you have probable cause to suspect you have the symptoms or have been exposed to someone with the virus do the following:

- minimize contact with other people
- inform your doctor or call the nearest clinic and explain your concern
- If you have a mask wear it to limit spread of the illness you may have.
- Follow your doctor or clinic's instructions

how is it spread and symptoms illustrated





who is most at risk

Covid 19 does not discriminate between races. Anyone can contract the virus.

Older people as specially those with compromised immune systems, lung and heart disease are more at risk. Deaths in younger people are rarer than in older compromised people. The WHO has said that people with mild illness tend to recover within two weeks while those with sivere illness tend to take up to six weeks to recover.

prevention

There is no vaccine for covid 19.

The following precuations are important:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- **Wash your hands** often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Helpful contact numbers

Institution/Province	Name	Email address	Telephone number
National Department of Health			
Communicable Disease Control	Tsakani Furumele	Tsakani.Furumele@health.gov.za Patric.Moonasar@health.gov.za	012 395 8096 / 0824199686
Malaria, Vector-borne and Zoonotic Diseases	Devanand Moonasar Wayne Ramkrishna	Wayne.Ramkrishna@health.gov.za	082 578 3107 082 317 4687
Port Health	Funeka Bongweni	Funeka.Bongweni@health.gov.za	012 395 9728 / 0609930107
Environmental Health	Murdock Ramathuba	Murdock.Ramathuba@health.gov.za a Raveen.Naidoo@health.gov.za	012 395 8518 / 0814150093
Emergency Medical Services	Raveen Naidoo Ahmed Bham	Ahmed.Bham@health.gov.za	012 395 821 012 395 9636 / 0735716392
Hospital Services	Keneilwe Modise	Keneilwe.Modise@health.gov.za	012 395 8257 / 0829648888
Infection Prevention & Control	Ronel Steinhobel	Ronel.Steinhobel@health.gov.za	012 395 9198 / 0836275661