



# CORONAVIRUS

PROTECT YOURSELF AND THOSE AROUND YOU

**STAY CALM! BE CAREFUL!**

INFECTION BY THIS VIRUS AFFECTS YOUR LUNGS AND BREATHING.



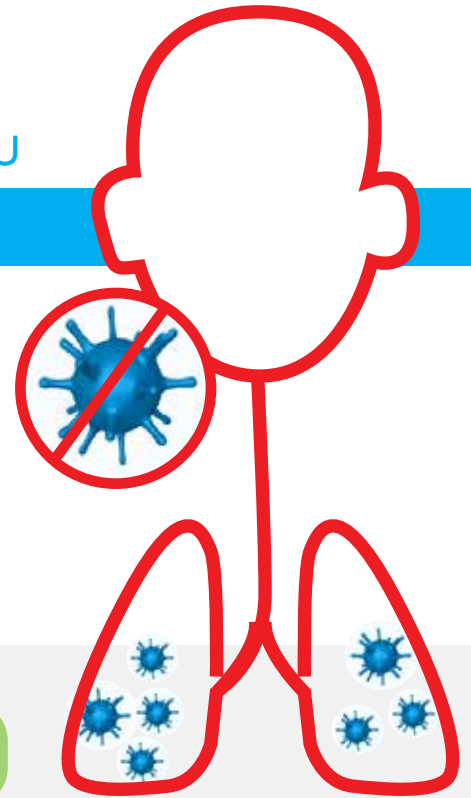
COUGHING, SNEEZING, FEVER, AND SHORTNESS OF BREATH.

If you have any of these symptoms **call your GP or 'Hello Doctor'**

ALSO CALL IF YOU ....

ARE TRAVELING TO ANY OF THE AFFECTED COUNTRIES

HAVE HAD CONTACT WITH A PERSON FROM AREAS WHERE OUTBREAKS HAVE BEEN REPORTED.



By dialing \*120\*1019#, 'Hello Doctor' will call you back within an hour for further help on Coronavirus information.

## THIS VIRUS IS SPREAD BY:

- Coming into contact with droplets from the cough or sneeze of an infected person.
- Touching your face after hand contact with a surface that has been contaminated by the cough or sneeze of an infected person.

## HOW TO STOP THE SPREAD:



**DO NOT COUGH OR SNEEZE ONTO YOUR HANDS, OTHER PEOPLE OR ANY SURFACES**



**USE A TISSUE, BENT ELBOW, SLEEVE OR SCARF WHEN SNEEZING OR COUGHING**



**WASH YOUR HANDS**

- Use soap and water
- Rub the top of your hands, finger and thumb tips, between fingers and under nails and rings
- Wash for at least **20 seconds**.



**AVOID CONTACT**

- Greet with elbow rubs or foot touches.
- No more high fives or handshakes
- Avoid touching your face, eyes, nose and mouth - if your hands are contaminated you may catch the virus.



**LAUGH & JOKE**


This will strengthen your disease fighting immune system.




**BE KIND**

If you know anyone who is ill, drop off food parcels or a meal.

MOST PEOPLE DO RECOVER, BUT THOSE ESPECIALLY AT RISK ARE:

 People with weak immune systems from HIV AIDS, TB, Diabetes & Cancer

 People with heart & lung disease

 The Elderly

Source: World Health Organisation and South West Health Systems

POWERED BY

**phela**  
WELLNESS

How Can We Help You? Call **0800 2 2 9355**