

CORONA VIRUS COVID-19


GET KNOWLEDGE

Be informed. Protect yourself and others.

What is COVID-19 and how is it spread?


COVID-19 is a new disease that spreads quickly and is caused by a CORONA VIRUS. Everyone can get this disease, but the elderly and those with underlying health conditions such as asthma, diabetes and other such diseases are most at risk of getting sick. Young healthy people can also spread the disease to others who are vulnerable without noticing it. Everyone must help prevent the spread of COVID-19 in the community.


You can protect yourself by:

1  Keeping your hands clean by washing them with soap at all times.


2  Avoid touching your face with your hands especially your eyes, nose and mouth

3  Do not shake hands with anyone and avoid hugging.

4  Avoid going to crowded places. Avoid shared transport such as taxis and buses when overly full. When in public maintain a safe distance of 1m between you and the next person.

5  When coughing or sneezing, cover your mouth and nose with a flexed elbow or a tissue. Throw the tissue properly, into a bin, toilet or pit latrine.

6  Call or inform your nearest health worker if you feel unwell.

7  Self-isolate for at least 14 days if you suspect you may have been exposed to someone with this disease or have a fever, cough, and difficulty breathing.