

# 4 PRECAUTIONS TO FOLLOW TO AVOID BEING INFECTED



## 1

### WASH YOUR HANDS

Wash your hands with soap thoroughly. Wash the back of your hands, between the fingers and under the nails. Always wash your hands with soap before you eat and after being out in public.



## 2

### GOOD PERSONAL HYGIENE

Cover your mouth with a tissue paper when coughing or sneezing. Avoid touching your face with dirty hands at all times. If you have to, be sure to wash your hands with soap thoroughly first.



## 3

### DO NOT SHARE FOOD AND UTENSILS

Bacteria can be transmitted onto knives, forks, spoons and straws. Only use clean utensils and do not share drinks. Always clean your hands before eating.



## 4

### SEE A DOCTOR IF YOU ARE UNWELL

Typical symptoms include cough, runny nose, fever and shortness of breath. If you are experiencing any of these symptoms, seek medical attention promptly. Call the clinic or doctor ahead of your visit and inform them of your symptoms and travel history.

## 24HR NICD HOTLINE 0800 029 999

REMAIN VIGILANT AND ADOPT GOOD PERSONAL HYGIENE PRACTICES  
The situation is evolving, check updates on [www.health.gov.za](http://www.health.gov.za) and [www.nicd.ac.za](http://www.nicd.ac.za)



health

Department:  
Health  
REPUBLIC OF SOUTH AFRICA

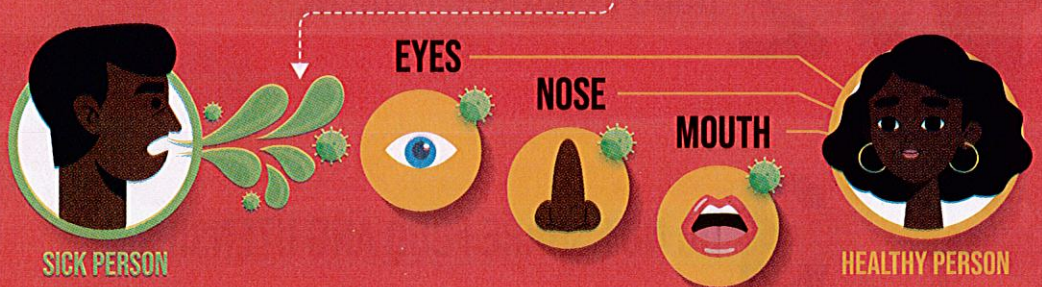




# THERE'S ONLY ONE THING YOU NEED TO UNDERSTAND ABOUT HOW A COVID-19 CORONAVIRUS\* SPREADS

\*Coronaviruses are a large family of viruses which may cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

The virus spreads when these droplets get into your:



So if you see someone who is visibly coughing / sneezing / sick, you can choose to:

**1. Keep your distance.**

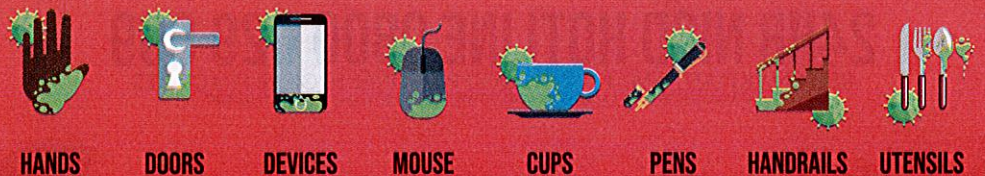


(0.5m to 2m will keep you safe from large droplets.)



(People who are infected can show no symptoms, but are still infectious.)

Sometimes a sick person's saliva can get on other things...



And if you touch any of these things by accident, and then touch your face, rub your eyes or your loved ones face, you might all fall sick.