

## **Be kind to Coronavirus patients**

Eight out of ten coronavirus patients will get better at home.  
The rest may need medical treatment in hospital

- **How can I help my family, friends, neighbours if they get sick with coronavirus (Covid-19)?**
  - Do not blame them for getting sick
  - Remind them that they can get better and that coronavirus is not a death sentence.
  - Use cellphones to ask them what they need eg. food, airtime, medicines.
  - Drop items at their door. Stay 1,5m away from everybody.
  - Use gloves when handling items
  - Remind people to eat healthy food
  - Wash or sanitise your hands all the time
- **Is there a woman who is breastfeeding in that home?**
  - Remind her that breastmilk is the most nutritious food for the baby.
  - The woman should wear a mask when breastfeeding her baby.
  - She should wash her hands before and after touching the baby.
  - Use bleach to disinfect surfaces.
- **What about the children in that home?**
  - Remind parents/caregivers to talk to children to explain what is happening. They need to listen to the kids to find out what scares them.
  - Keeping physically active is important. Put on music videos and dance.
  - Find fun things to do at home. Take out the board games and puzzles from the 'olden days'.
- **What about the animals (dogs, birds, cats, horses) in that home?**

How can you help their animals to have enough food, water, care?
- **How to look after your mental health?**
  - Chat anonymously with **Lifeline on 0861 322 322**
  - Do not pass on fake news – it just causes panic. Contact the official sites to get the correct information.
  - If social media is stressing you out – switch it off.
  - Contact your local place of worship to find out how you can help with outreaches to those who are sick or self-isolating especially senior citizens.
- **What must I do? My friend tested positive for coronavirus.**
  - If you have been with him/her in the last few days then you need to isolate yourself for 14 days.
  - If you show symptoms then contact your clinic or GP. Symptoms of coronavirus are: high temperature, dry cough, very tired, sore throat.

**Once you have recovered from COVID-19 then you are cured.**

***If we could work together to avoid Day Zero during the water crises then we can beat coronavirus.***

**Hotline:**

**0800 029 999**

**021 928 4102**

**0800 111 132**

**For more information: [www.westerncape.gov.za/coronavirus](http://www.westerncape.gov.za/coronavirus)**