

# CORONAVIRUS DISEASE 2019 (COVID-19)

## WHAT IS CORONAVIRUS DISEASE 2019?

Coronaviruses are large groups of viruses that are common amongst animals. These viruses can make people sick, usually with a mild to moderate upper respiratory tract illness, similar to a common cold.

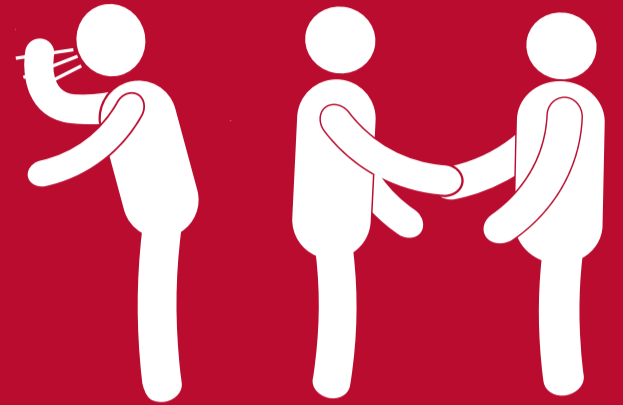
A new coronavirus called COVID-19 was identified in China and is associated with an outbreak of pneumonia.

## HOW IT SPREADS

The COVID-19 spreads mainly via respiratory droplets produced when an infected person coughs or sneezes.

The COVID-19 is spread through:

- The air by coughing and sneezing
- Close personal contact such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands



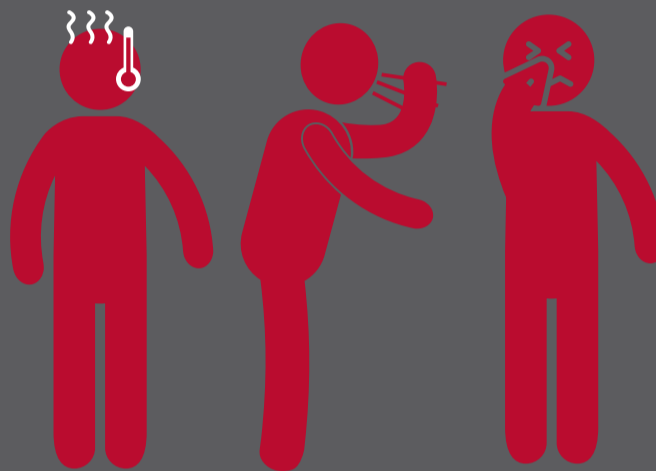
## SYMPTOMS

Mild to severe respiratory illness with

- fever
- cough
- difficulty breathing
- sore throat

The complete clinical picture with regards to COVID-19 is still not clear.

Patients with underlying illness and the elderly appear to be at increased risk of severe illness.



## WHO IS AT GREATER RISK?

Currently travellers to Wuhan, China and other affected areas.

## TREATMENT

Treatment is supportive (e.g. provide oxygen for patients with shortness of breath or treatment for fever).

- There is no specific antiviral treatment available.
- Antibiotics do not treat viral infections. However, antibiotics may be required if bacterial secondary infection develops.

## PREVENTION

There are currently no vaccines available to protect you against COVID-19 infection. Transmission is reduced through:



Washing hands often



Avoid touching with unwashed hands



Avoid close contact with infected people



Cover your cough or sneeze with a tissue, once used throw away.

If you are mildly sick, keep yourself hydrated, stay at home, and rest.

## MEASURES IN PLACE

Fever screening is in place at international airports.

- Procedures are in place for case detection, isolation and management for quick diagnosis to be made.
- All health facilities will be able to manage suspected or confirmed cases and refer to the appropriate referral or designated hospital.
- Protocols are in place for follow up of case contacts to ensure that the virus does not spread.



Contact the **General Public Hotline 0800 029 999**. It operates from Monday to Friday, 08:00 to 16:00.



Western Cape  
Government  
Health

# KORONA-VIRUSSIEKTE 2019 (COVID-19)

## WAT IS KORONA-VIRUSSIEKTE 2019?

Koronaviruse is 'n groot groep virusse wat algemeen onder diere voorkom. Die virusse kan mense siek maak, dikwels met 'n matige tot redelike infeksie van die boonste lugweg, soortgelyk aan 'n gewone verkoue.

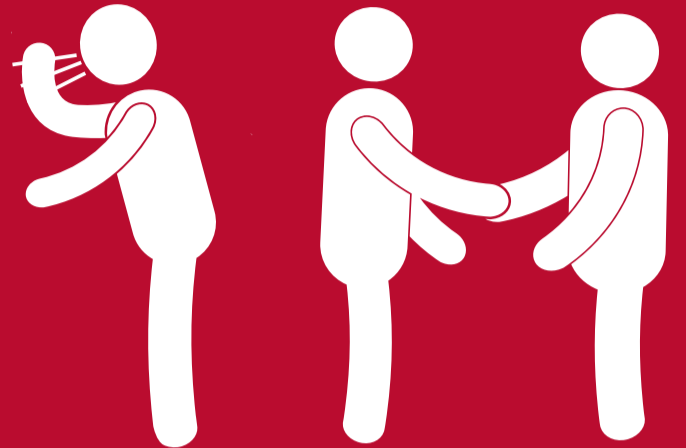
'n Nuwe koronavirus genaamd COVID-19 is in China geïdentifiseer en word met die uitbreek van longontsteking geassosieer.

## HOE DIT VERSPREI

Die COVID-19 versprei hoofsaaklik deur asemhalingsdruppels wat geproduseer word wanneer 'n besmette persoon hoës of nies.

Die COVID-19 word versprei deur:

- Die lug waneer iemand met COVID-19 hoës of nies
- Nabye persoonlike kontak, soos aanraking of hande skud
- Aan 'n voorwerp of oppervlak te raak met die virus daarop, en dan aan jou mond, neus of oë te vat voordat jy jou hande gewas het

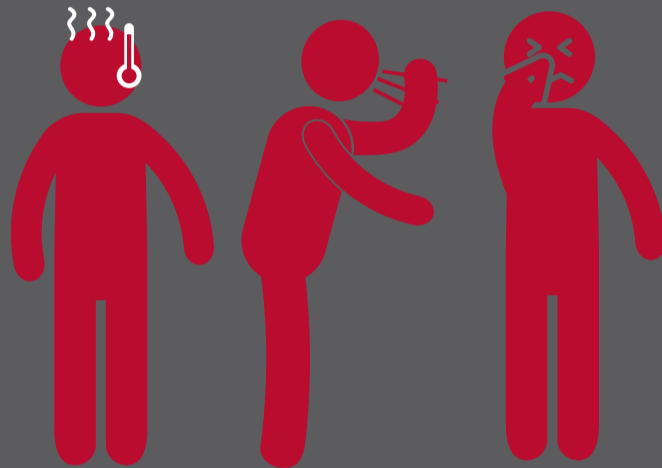


## SIMPTOME

Matige tot ernstige asemhalingsiekte met

- koors
- hoës
- asemhalingsprobleme
- keelseer

Die volledige kliniese situasie met betrekking tot COVID-19 is nog nie heeltemal duidelik nie. Pasiënte met onderliggende siektes en bejaardes blyk 'n groter risiko vir ernstige siektes te hê.



## WIE HET 'N GROTER RISIKO?

Tans het reisigers na Wahun, China, en ander areas wat geraak word 'n groter risiko vir infeksie.

## BEHANDELING

Behandeling is ondersteunend (bv. verskaf suurstof vir pasiënte met kortasemrigheid of behandeling vir koors).

- Daar is geen spesifieke behandeling beskikbaar nie
- Antibiotikum kan egter nodig word as sekondêre bakteriële infeksie ontwikkel.

## VOORKOMING

Daar is tans geen entstowwe beskikbaar wat jou teen infeksie met COVID-19 beskerm nie. Beperk oordrag so:



Was jou hande gereeld



Vermyn aanraking met ongewaste hande



Vermyn kontak met mense wat siek is



bedek jou hoës of nies met 'n sneesdoekie en gooi dit weg

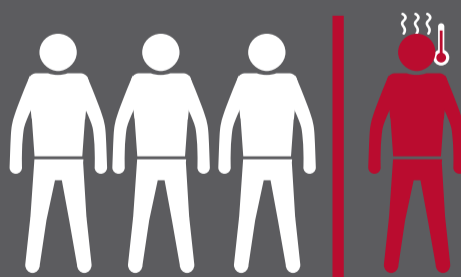
As jy minder ernstig siek is, neem baie vloeistof in, bly tuis en rus.

## MAATREËLS IN PLEK

Ondersoeke vir koors is in plek by internasionale lughawens.

- Prosedures is in plek vir die opsporing, isolasie en hantering van gevalle om 'n vinnige diagnose te maak
- Alle gesondheidsfasiliteite is in staat om vermoedelike of bevestigde gevalle te hanteer en dit na die toepaslike verwysings- of aangewese hospitaal te verwys
- Protokol is in plek vir opvolg van diegene wat met iemand met COVID-19 in kontak was, om te verseker dat die virus nie versprei nie

INTERNASIONALE LUGHAWE



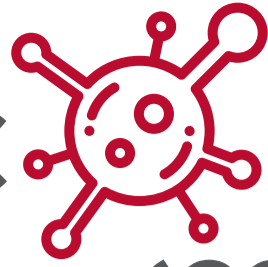
Kontak die **publieke blitslyn** by **0800 029 999**. Dit is oop van Maandag tot Vrydag, 08:00 tot 16:00.



Wes-Kaapse Regering

Gesondheid

# INTSHOLONGWANE ICORONA (COVID-19)



## YINTONI I ISIFO SECORONAVIRUS 2019?

Intsholongwane zeCorona liqela elikhulu leentsholongwane ezixhaphake kwizilwanyana. Ezi ntsolongwane zingabangela abantu ukuba bagule, babe neengxakana zeempumlo nokuphefumla, ezifana nefiva le iqhelekileyo.

Intsholongwane entsha icorona yaziwa ngokuba yiCOVID-19 ibonwe eChina nethe yayanyaniswa nokuqhambuka kwenyumoniya.

## ISASAZEKA NJANI

Intsholongwane COVID-19 isasazeka ikakhulu ngamachaphaza ataka xa umntu onesi sifo ekhohlela okanye ethimla.

Intsholongwane COVID-19 isasazeka ngolu:

- Ngomoya ophuma xa umntu ekhohlela naxa ethimla.
- Ukusondelelana nomntu okufana nokubamba okanye ukuxhawulana izandla.
- Ukubamba into okanye umphezulu obudibene nalentsholongwane, emva koko ubambe umlomo, impumlo okanye amehlo ngaphambi kokuba izandla zakho uzihlambe



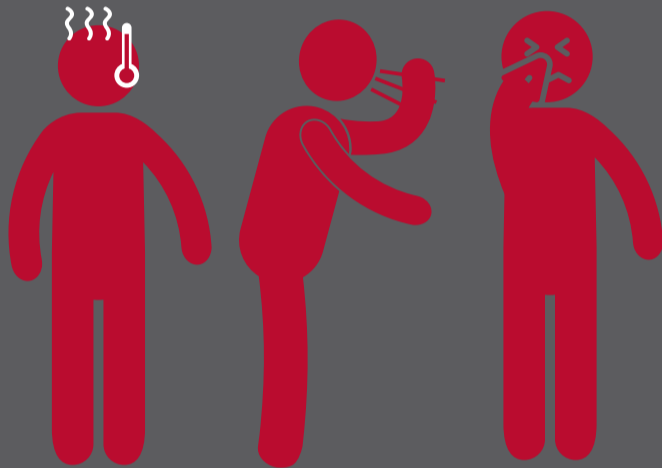
## IIMPAWU ZAYO

Ingxakana ezingephi zeempumlo nokuphefumla nezithi ziye ziqatsela.

- Ifiva
- Ukukhohlela
- ukuba nzima kokuphefumla
- Umqala obuhlungu

Unyango olupheleleyo malunga nentsholongwane COVID-19 alukacaci ncam

Izigulane esele zinezigulo nabantu abadala kubonakala ukuba basengxakini enkulu yokugula



## NGUBANI OSENGXAKINI ENKULU

Kutsha nje abakhenkethi abaya eWuhan, China nezinye iindawo ezichaphazelekayo zezona zaseChina zezona zisengxakini enkulu.

## UNYANGO

Unyango luyanceda (umz.ukunika isigulane esinephika i-oxijini okanye unyango lwefiva).

- Akukho nyango lukhoyo lokulwa nalentsholongwane.
- Ii-Antibiotics aziyincedi le ntsolongwane. nangona kunjalo, ii-antibiotics mhlawumbi zingafuneka kwinqanaba lesibini lentsholongwane.

## INDLELA YOKUYIKHUSELA

Okwa ngoku akukabikho chiza likhoyo ukukhusela nokuthintela abantu ekusulelweni yintsholongwane COVID-19. Ukunwena kwayo kuncitshiswa ngoku:



Ukuhlamba izandla rhoqo



Ukungawaphathi amehlo, impumlo okanye umlomo ngezandla ezingahlanjwanga



Ukungasondeli kubantu abagulayo



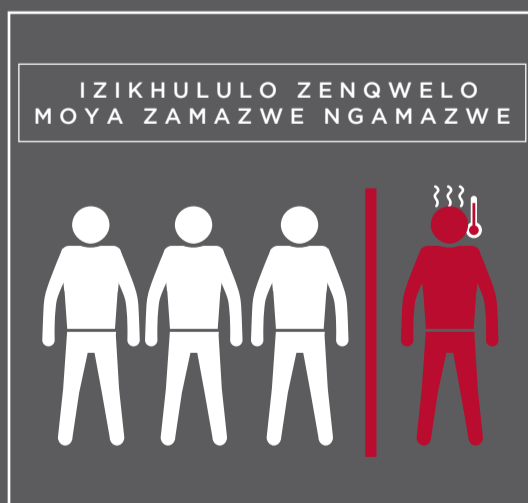
Gquma umlomo wakho ngethishu xa ukhohlela okanye xa uthimla, wakugqiba uyilahlele emgqomeni.

Ukuba unokugulana okungephi, zigcine ngokusela amanzi, uhlale ekhaya uphumle.

## IZINTO EZIFANELE UKWENZIWA

Ukujongwa kwabantu abanefiva kuyenziwa kwizikhululo zeenqwelo moya zamazwe ngamazwe.

- Iinkqubo zilungisiwe ukulungiselela ezo meko zithe zafunyaniswa, ukubekwa wedwa namalungiselelo okwenziwa koxilongo olukhawulezileyo.
- Onke amaziko empilo aya kukwazi ukujongana neemeko zezigulane ezirhanelwayo okanye ekuqinisekiweyo ngazo ezo zigulane zithunyelwe kwiindawo ezifanelekileyo okanye izibhedlele ezilungiselelwe oko.
- Imithetho elandelwayo ikhona ukulandelela abo banxulumene nesigulane ukuqinisekisa ukuba intsholongwane ayisasazeki.



IZIKHULULO ZENQWELO MOYA ZAMAZWE NGAMAZWE

Nxibelelana neNombolo yoMnxeba kawonke-wonke jikelele

0800 029 999. Isebenza ukusuka NgoMvulo ukuya ngoLwesihlanu, 08:00 ukuya 16:00



URhulumente weNtshona Koloni

EzeMpilo