

# CORONAVIRUS

## WHAT IS CORONAVIRUS?

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 of China are at greatest risk of infection.

## 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 011 386 2000**. It operates from Monday to Friday, 08:00 to 16:00.



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