

STATE OF DISASTER: GUIDELINES FOR THE CONTAINMENT/MANAGEMENT OF THE CORONA VIRUS (COVID-19)

With the first cases of the Coronavirus (Covid-19) now confirmed in South Africa, the President of the Republic has declared a national State of Disaster. Covid-19 will undoubtedly impact our lives in many ways. To mitigate the impact on our health, it is important to have a common approach in the manner we deal with cases linked to the virus.

KEEPING UP TO DATE:

Knowledge about the virus is continuing to unfold. For updates and the latest information, refer to the following resources:

1. National Department of Health: <https://www.health.gov.za>
2. National Institute for Communicable Diseases: <https://www.nicd.ac.za>
3. World Health Organisation: <https://www.who.int>
4. Coronavirus Hotline Number: 0800 02 99 99
5. Coronavirus WhatsApp Number: +27 600 123 456

PRECAUTIONARY MEASURES CITIZENS MUST BE ENCOURAGED TO ADOPT:

In order to remain healthy, it is important not to be exposed to the Covid-19 virus. Citizens can protect themselves and others by doing the following:

1. Washing their hands frequently. Hands must be washed often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing their nose, coughing or sneezing. If soap and water are not readily available, an alcohol-based hand sanitiser with at least 60% alcohol can be used.
2. Avoiding close contact with people who are sick. At least one (1) meter distance between yourself and anyone who is coughing or sneezing must be maintained.
3. Avoid touching their eyes, nose and mouth.
4. Covering their cough or sneeze with a tissue, and disposing of the tissue safely afterwards.
5. Cleaning and disinfecting frequently-touched objects and surfaces.
6. Wearing of masks is not necessary unless taking care of an infected person. It is recommended that only infected people wear masks to prevent the spread of the virus.
7. Citizens who have a fever, cough and have difficulty breathing, must seek medical attention immediately. Follow the directions of the National Department of Health when seeking medical attention.

To enhance the guidance provided, a list of frequently-asked questions with appropriate responses is available at:

<http://www.health.gov.za/index.php/component/phocadownload/category/607#> and

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

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