## **COVID-19 CORONAVIRUS**

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 most recent Coronavirus disease is COVID-19

Typical symptoms include cough, runny nose, fever and shortness of breath

MONITOR YOUR HEALTH CLOSELY 1

All travelers to monitor their health closely for 14 days upon returning to South Africa

2

If you have fever, cough or runny nose, wear a mask and seek medical attention promptly

3

Call the clinic or doctor ahead of your visit or the NICD Hotline: 0800 029 999

## PRECAUTIONS TO TAKE



Wash hands frequently with soap



See a doctor if you are unwell



Cover your mouth with a tissue paper when coughing or sneezing



Observe good personal hygiene at all times

CONTACT the NICD Hotline: 0800 029 999

REMAIN VIGILANT AND ADOPT GOOD PERSONAL HYGIENE PRACTICES

The situation is evolving, check updates on www.health.gov.za and www.nicd.ac.za



