

WHAT TO KNOW ABOUT NOVEL CORONAVIRUS DISEASE (COVID-19)

THERE ARE MANY DIFFERENT CORONAVIRUSES IDENTIFIED IN ANIMALS, BUT ONLY A SMALL NUMBER OF THESE CAN CAUSE DISEASE IN HUMANS. EARLY IN 2020 A NEW CORONAVIRUS* WAS IDENTIFIED IN CHINA, CAUSING ILLNESS AND SPREADING RAPIDLY TO OTHERS.

HOW TO RECOGNISE COVID-19*



Sudden high fever



Headache



Cough or sore throat



Muscle pain

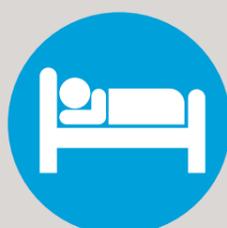
WHAT TO DO WHEN YOU HAVE COVID-19



Cover your cough or sneeze with your arm, flexed elbow or a tissue.



Perform hand hygiene (wash or use an alcohol-based handrub).



Get enough rest.



Drink plenty of water and eat nutritious food.



Seek medical advice if you are feeling worse or if you are in a high-risk group.



Stay at home and avoid public areas.

TESTING FOR COVID-19

One can only get tested if you fit the case definition. Here are the criteria for a person under investigation for COVID-19:

- Persons with acute respiratory illness with the sudden onset of at least one of the following: cough, sore throat, shortness of breath or fever ($\geq 38^{\circ}\text{C}$, measured, or history of fever, subjective) irrespective of admission status

AND

In the 14 days prior to the onset of symptoms, met at least one of the following:

- Were in close contact with a person with COVID-19;
- OR
- Had a history of travel to areas with presumed ongoing community transmission of SARS-CoV-2; for instance, China
- OR
- Worked in, or attended a healthcare facility where patients with confirmed COVID-19 were being treated

Source: The South African National Institute for communicable diseases at <http://www.nicd.ac.za/diseases-a-z-index/covid-19/>