

# 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

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

\*The 2019 novel coronavirus is now named the severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2) while the disease associated with it is referred to as COVID-19, according to the European Centre for Disease Prevention and Control.