

# NOVEL CORONAVIRUS DISEASE (COVID-19)

## WHAT YOU NEED TO KNOW

### PRECAUTIONS TO TAKE



Avoid crowded places and maintain a distance of at least two metres from someone who is coughing. Avoid unwell people



Cover your mouth with a tissue when coughing or sneezing and dispose of the tissue in a bin



Perform hand hygiene: Wash your hands with soap and water frequently, especially after coughing or sneezing

### MONITOR YOUR HEALTH CLOSELY



All travellers to monitor their health closely for two weeks upon returning to South Africa



Go to your medical practitioner or Emergency Centre if you feel unwell or if you are having trouble breathing



**Call the hospital/ Emergency Centre ahead of your visit and inform the healthcare worker of your symptoms, travel and contact history**



If you have a fever, cough, sore throat or runny nose, you will be asked to wear a mask

If you have any of the following symptoms, please **alert** the reception desk staff immediately: fever, cough, sore throat or shortness of breath.

**Mediclinic Public Hotline: 0860 240 024** (Monday to Friday 08:00-16:00)