

How to minimise the spread of COVID-19?

Based on the current knowledge of COVID-19 and evidence available on other viral respiratory pathogens.

Simple measures can reduce the spread of the virus.



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Symptoms



FEVER



COUGH



MUSCLE PAIN



DIFFICULTY BREATHING

1 PERSONAL PROTECTIVE MEASURES

Practice proper hand hygiene



Cough and sneeze into your elbow or a tissue. Throw it into a bin and wash your hands



Healthy people **do not** need to wear masks



Masks should be reserved for healthcare workers and those who care for ill persons at home.

2 ENVIRONMENTAL MEASURES



Frequently clean used surfaces, clothes and objects



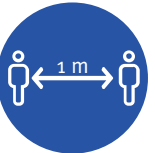
Minimise sharing objects



Ensure appropriate ventilation

3 SOCIAL DISTANCING MEASURES

Standing 1 metre away from a visibly symptomatic person



Self-isolation of individuals **with symptoms** of a respiratory infection is one of the most important measures for **reducing disease transmission** and limiting the spread of the virus in the community during an epidemic.

For travel advice or travel recommendations refer to official government advice.

Transmission

VIA RESPIRATORY DROPLETS

2–14 days
estimated incubation period



FOR MORE INFORMATION
USE THE FOLLOWING RESOURCES

Hotline 0800 029 999
www.nicd.co.za

www.sacoronavirus.co.za

Dedicated Government Corona WhatsApp Group:
0600 123 456