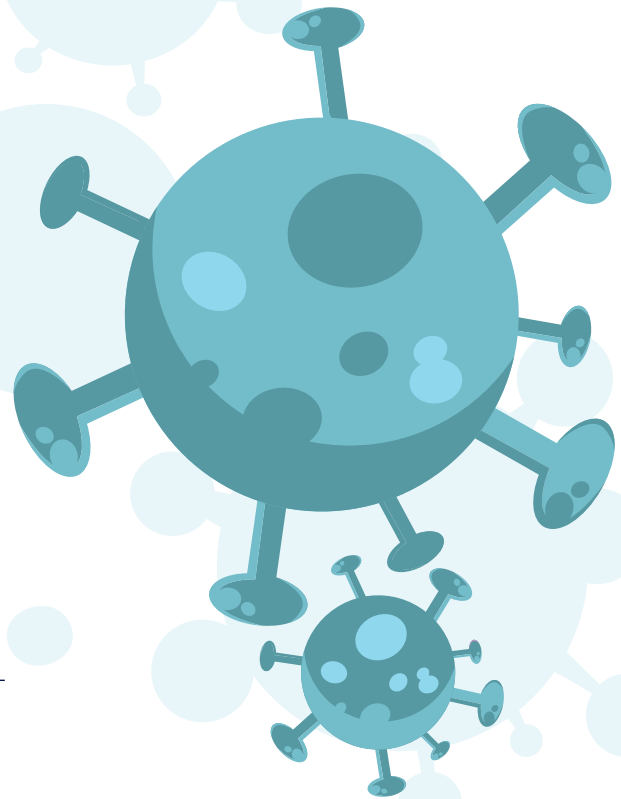# Libcare

COVID - 19

WHAT YOU NEED TO KNOW

What is it?

COVID - 19 stands for the Coronavirus disease caused by the new strain of coronavirus that originated in Wuhan, China. It has spread to multiple countries across the world, including South Africa.

.

How does it spread?

Once in humans, coronaviruses can spread to other humans through:

Air transmission
e.g. in droplets caused by coughing, sneezing or spitting

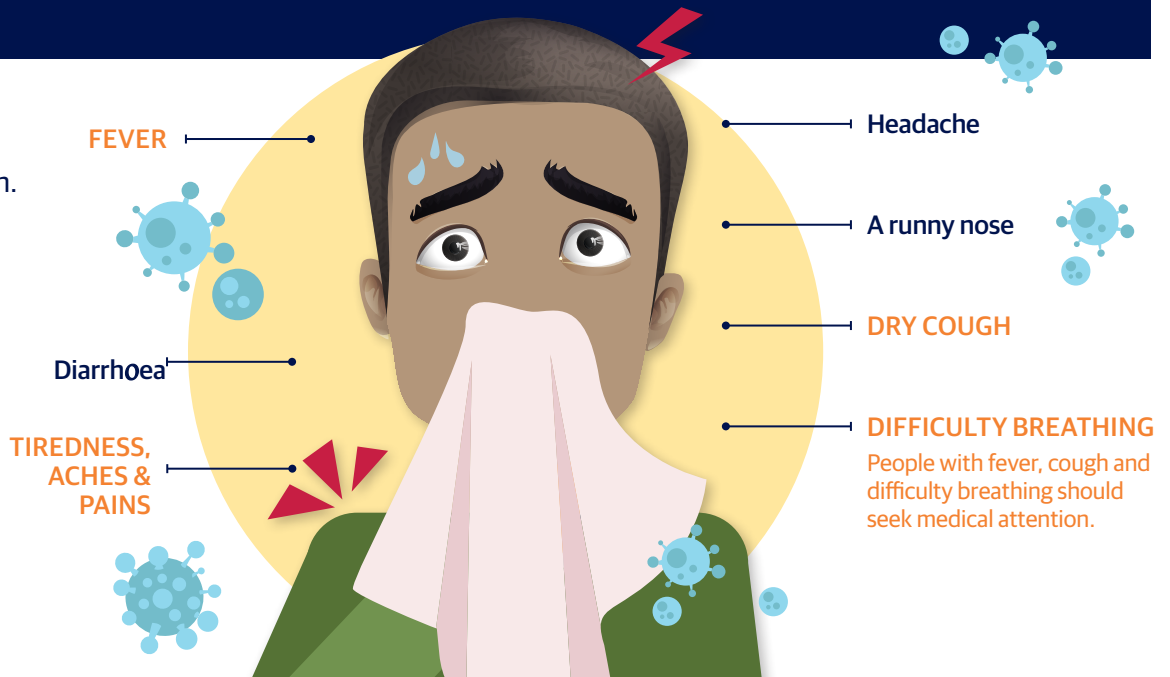**Direct touch with an infected person**
e.g. by shaking hands

Infected surfaces
e.g. touching an infected surface and then touching your face

Symptoms?

The most common symptoms are fever, tiredness, and dry cough. These are usually mild and begin gradually, or there may be no symptoms at all.

FEVER

Diarrhoea

TIREDNESS, ACHES & PAINS

Headache

A runny nose

DRY COUGH

DIFFICULTY BREATHING
People with fever, cough and difficulty breathing should seek medical attention.

Prevention?

The majority of people who develop COVID-19 do not need specialised care to fight the infection. However, people over 60 with underlying medical conditions are more likely to develop serious illness, so we all need to play our part to prevent the virus spreading.

Wash your hands often using soap and water or alcohol-based hand rub for 20 seconds.

Avoid touching your face especially your eyes, nose & mouth.

Avoid eating raw or undercooked animal products.

Avoid travel if you have a fever or cough.

Stand at least 1m (3 feet) from people who have a fever or cough.

Clean and disinfect surfaces that are frequently touched, e.g. door handles, table surfaces, etc.

Cover your mouth and nose when coughing and sneezing, with a tissue or the inside of your elbow. Throw the tissue away immediately in a closed bin and wash your hands.

Do not wear a mask if you are not sick. Only use a mask if you are coughing and sneezing or taking care of a person with suspected infection.

Use an N95 mask and fit it snuggly over your nose and mouth and do not touch it once it's on.

Replace it with a new one once it's damp. Remove the mask from behind, throw it in a closed bin and wash your hands well.
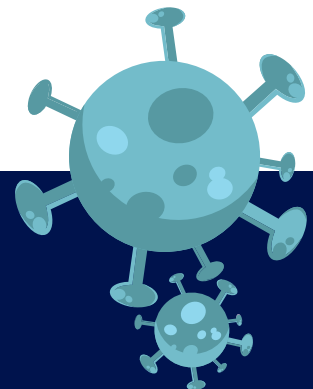
Stay at home if you are sick.

If you have flu-like symptoms and recently traveled to a high risk country for COVID-19, or you have had contact with someone who recently traveled to those countries, please seek medical care. Call ahead and share your travel history with your healthcare provider so they can direct you. All testing for the coronavirus will be sent to the State laboratories and not private labs, as advised by the Department of Health.

Alternatively, call the NICD General Public Hotline
0800 029 999 – Weekdays, Monday to Friday, during 08h00 to 16h00.

What Libcare is doing

Every one of our members matters to us. We will continue to monitor developments

in this space, and also bring you the necessary information to keep you updated.

References and for daily updates on the Coronavirus
https://www.who.int/health-topics/coronavirus
https://www.cdc.gov/coronavirus/2019-ncov/about/index.html

For enquiries and assistance, please contact our call centre via email
on enquiries@libcare.co.za or call 0800 12 CARE (0800 12 2273) during office hours.

Date Prepared: 12 March 2020