



LIMPOPO

PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

OFFICE OF
THE PREMIER



Understanding the Risks and Prevention of Coronavirus.

Coronaviruses are part of a family of viruses that can affect humans and are commonly found in many different species of animals,

More severe cases can occur in individuals with weakened immune systems and the elderly.

What are the symptoms?

A: It was detected due to an unusual spike in cases of pneumonia — lung inflammation, accompanied by cough and phlegm.

Since then, doctors have seen a broader set of symptoms, including fever, cough, and shortness of breath.

Common human coronaviruses symptoms

- Runny nose.
- Headache.
- Cough.
- Sore throat.
- Fever.

- General feeling of being unwell.

How does it spread?



A: Like the cold and flu, it spreads through coughing, sneezing or by leaving germs on a surface that is touched by non-infected people who touch their faces.

- Frequently clean hands by using alcohol-based hand rub or soap and water;
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands;
- Avoid close contact with anyone who has fever and cough;

How can I stay healthy if I'm traveling?

A: If traveling to other parts of the world, take these precautions: Avoid contact with sick people. Avoid animals, either alive or dead; animal markets, and products that come from animals, such as uncooked meat. Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

If you travelled in the last 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care right away

Compiled by EHW Sub-Directorate

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