



THE A-ABCCD'S OF COVID-19

A VOID GETTING INFECTED

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Avoid touching objects like door handles or rails
- Avoid shopping centres
- Stay at home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the rubbish bin.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Clean your hands often
- Keep a distance of at least 1-2m between you and any person coughing or sneezing

AIRWAY

COVID-19 presents mainly with symptoms of the airway.

The main symptoms are fever, sore throat and a dry cough with a few people presenting with difficulty in breathing. Pain in the muscles and extreme tiredness may also be present.

CALL AHEAD

Call ahead to a healthcare professional if you develop a fever and symptoms of airway illness and have been in close contact with a person known to have COVID-19 or if you live in or have recently travelled to an area with ongoing spread. If possible, use a three layered face mask, as to partially prevent you from spreading the virus to other people, especially if you are visiting your doctor or clinic.

BE CALM

80% of people who are infected have mild disease and will not have any serious symptoms. People who are at risk of serious symptoms are people with weakened immune systems due to age, or have underlying chronic diseases. Those diseases include chronic lung disease, chronic cardiac disease, diabetes. Only patients with severe pneumonia will be hospitalized, the rest will need to have to stay at home for at least 2 weeks.

DON'T PANIC

Listen to your doctor, don't follow your own head and you will be fine.



LET'S ALL DO OUR BIT

www.samedical.org | 012 481 2000 | online@samedical.org