

COVID-19 CORONAVIRUS

Coronaviruses are a large family of viruses which may cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recent Coronavirus disease is COVID-19

Typical symptoms include cough, runny nose, fever and shortness of breath

**MONITOR
YOUR
HEALTH
CLOSELY**

1

All travelers to monitor their health closely for 14 days upon returning to South Africa

2

If you have fever, cough or runny nose, wear a mask and seek medical attention promptly

3

Call the clinic or doctor ahead of your visit or the NICD Hotline: 0800 029 999

PRECAUTIONS TO TAKE



**Wash hands
frequently
with soap**



**See a doctor
if you are
unwell**



**Cover your mouth
with a tissue paper
when coughing or
sneezing**



**Observe good
personal
hygiene at all
times**

CONTACT the NICD Hotline: 0800 029 999

REMAIN VIGILANT AND ADOPT GOOD PERSONAL HYGIENE PRACTICES

The situation is evolving, check updates on www.health.gov.za and www.nicd.ac.za



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

