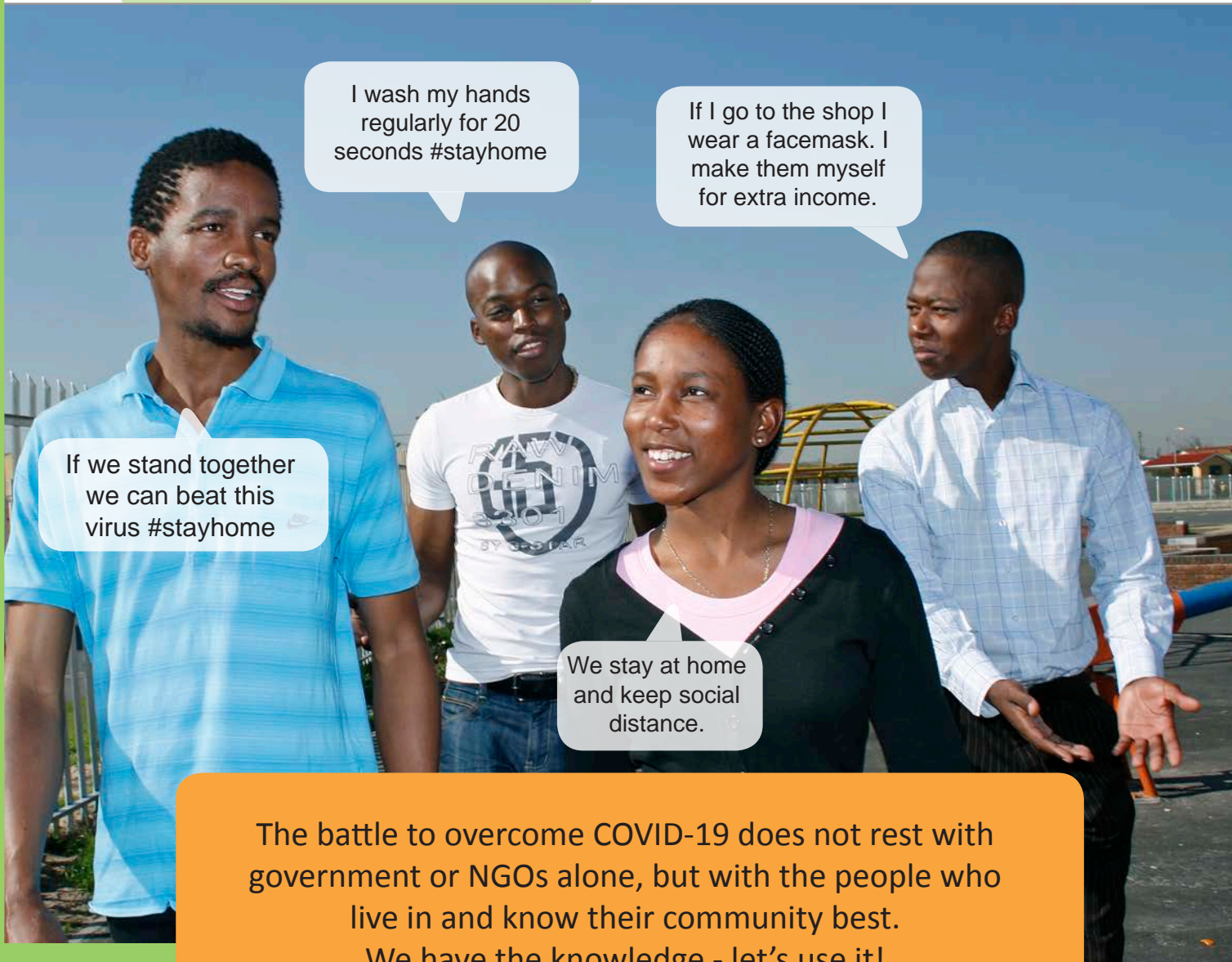


Covid-19

Information Booklet



I wash my hands regularly for 20 seconds #stayhome

If I go to the shop I wear a facemask. I make them myself for extra income.

If we stand together we can beat this virus #stayhome

We stay at home and keep social distance.

The battle to overcome COVID-19 does not rest with government or NGOs alone, but with the people who live in and know their community best. We have the knowledge - let's use it!





What is the virus?

- Belongs to a large family of viruses
- Causes 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.



How is Covid-19 treated?

- Treatment is supportive (providing oxygen for patients with shortness of breath or treating a fever, for example).
- To date, there is no specific antiviral treatment available. Antibiotics do not treat viral infections.
- However, antibiotics may be required if a bacterial secondary infection develops.



How can you prevent infection?



- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay at home when you are sick and try to keep a distance from others at home.
- Cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue in the bin.
- Clean and disinfect frequently touched objects and surfaces.

If you do not have sanitizer, you can make your own or use washing powder, dishwashing liquid or sunlight soap.

Hand Sanitizer Recipe

- 3/4 cup of isopropyl or rubbing alcohol (99 percent)
- 1/4 cup of aloe vera gel (optional)
- 10 drops of essential oil, such as lavender oil, or you can use lemon juice instead

Mix everything together

Immune Booster Recipe

Immune boosters are common supplements that help the body's natural defence shield. While chemicals from the pharmacy are proven, nature offers an abundance of sources and when combined make a tasty concoction. Two shots a day of the following will give you a quick lift and an added weapon in your body's arsenal:

i mmune booster:

Take 750ml water and add

- two bags of green tea
- two thumbs of ginger
- one row of turmeric
- two tablespoons of honey
- handful of ginseng
- one lemon

Boil to allow all ingredients to release their properties, then strain and enjoy.



COVID-19

Online Resource & News Portal

SAcoronavirus.co.za



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



**CORONAVIRUS (COVID-19) 24-HOUR HOTLINE NUMBER:
0800 029 999**

**CORONAVIRUS (COVID-19) WhatsApp Number:
0600 12 3456**

Step 1: Save the Number to Your Contacts on Your Cellphone.

Step 2: Send the Word "Hi" to Covid-19, Connect and Start Chatting.



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