

CORONAVIRUS – COVID-19

Advice for travellers

What is COVID-19?

Coronaviruses are a group of viruses common amongst animals. These viruses can make people sick, usually with a mild to moderate upper respiratory tract illness, similar to a common cold.

A new coronavirus called COVID-19 was identified in China and is associated with an outbreak of viral pneumonia.

COVID-19 spreads through:

- The air by coughing and sneezing
- Close personal contact such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands



SYMPTOMS

It can take up to 2 weeks to develop symptoms:

- Fever
- Sore throat
- Cough
- Difficulty breathing

Most people with COVID-19 have a mild illness and recover. Those with an underlying illness and the elderly appear to be at increased risk of severe illness.



What if you develop symptoms?

If you have travelled internationally or had contact with someone known or suspected to have COVID-19 disease, contact your health worker or the General Public Hotline.

If you have difficulty breathing, seek healthcare urgently. Alert your healthworker you are en route.

Try and limit your contact with others, wear a mask if you have one and wash your hands regularly.

TREATMENT

- There is no specific antiviral treatment available to cure COVID-19 yet.
- Antibiotics do not treat viral infections.
- Medication for fever and pain may help for the symptoms.
- People with difficulty breathing will need oxygen and support to breathe in hospital.

PREVENTION

There are currently no vaccines available to protect you against COVID-19 infection. Transmission is reduced through:



Wash your hands often with soap and water and use hand sanitiser regularly.



Avoid touching your face.



Avoid close contact with those who are coughing or sneezing.



Cough or sneeze into your elbow or a tissue, once used throw away.

Measures in place

Fever screening is in place at international airports.

- Procedures are in place for case detection, isolation and management for quick diagnosis to be made.
- All health facilities will be able to manage suspected or confirmed cases and refer to the appropriate referral or designated hospital.
- Protocols are in place to follow up case contacts to prevent spread of the virus.



General Public Hotline

0800 029 999

Now operating
24 hours per day.

Contact your nearest public or private healthcare facility or hotline

For more information:

www.westerncape.gov.za/departments-of-health/coronavirus



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Health