



## **ALERT: Coronavirus disease (COVID-2019)**

City Health is aware of the coronavirus outbreak originating in China. As one of the health services providers in the Metro, we are working together with our partners, the National and Provincial Departments of Health, Communicable Disease Control (CDC), Port Health as well as City and Provincial Disaster Management to ensure preparedness for any potential cases in the Metro.

### **Transmission**

There is evidence that the virus can spread from person to person via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread.

### **Signs and symptoms**

Signs and symptoms include fever, cough and difficulty breathing, but also include body aches, diarrhoea, headache, sore throat and runny nose.

People who develop these symptoms within 14 days after travel to countries where coronavirus is known to be circulating should seek medical care early and share information about their travel history with their healthcare providers.

All [City of Cape Town health facilities](#) can manage persons with symptoms and, if necessary, make the appropriate referral if a person matches the criteria and has a recent travel history to affected countries. The public should follow the normal route to access health services through their local primary health facility and not directly go to secondary or tertiary health facilities.

### **Preventative measures**

The following are basic hygiene measures which can protect against infection by coronaviruses and many other pathogens that are more common in South Africa:

- Wash your hands frequently with soap and water for at least 20 seconds (or hum the Happy Birthday song from beginning to the end twice).
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when coughing or sneezing as small droplets that come out of your nose or mouth can carry germs. Throw the tissue in a bin immediately and wash your hands.
- If a tissue is not available, cough or sneeze into your upper sleeve.
- Avoid close contact with people who have a fever and a cough.
- Clean and disinfect frequently touched objects and surfaces.

### **For more information**

Contact the General Public Hotline Number on 0800 029 999. It operates from Monday to Friday between 08:00 and 16:00.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

[www.nicd.ac.za](http://www.nicd.ac.za)