



11 March 2020

To the SPU Community

We have prepared the information below to assist the SPU Community as it navigates through this global outbreak of COVID-19 (a new coronavirus).

WHAT IS THE NOVEL CORONAVIRUS (COVID-19)?

It is a new (novel) strain of a coronavirus, not previously identified in humans, that affects the respiratory system of an infected person. Currently there is no vaccine or specific treatment for COVID-19.

HOW IS IT SPREAD?

It is spread mainly via direct contact with respiratory droplets produced when an infected person coughs or sneezes, or through contact with their saliva or mucus from the nose.

PREVENTIVE MEASURES:

- 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 sanitiser.
- 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.
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin.
- Clean and disinfect frequently touched objects and surfaces.
- Cough etiquette involves maintaining distance, covering coughs and sneezes with disposable tissues or clothing and washing your hands

SYMPTOMS OF COVID-19 INFECTION:

These are usually a mild to moderate upper respiratory tract illness, a runny nose, cough, sore throat, a headache, and a high fever. These symptoms generally last for a few days.

IF YOU HAVE HAD CONTACT WITH SOMEONE WHO HAS BEEN TESTED FOR THE VIRUS OR BEEN IN CONTACT WITH AN INFECTED PERSON:

- Monitor your health starting from the day you first had close contact with the person and continue for 14 days after.
- Watch for signs and symptoms such as fever, coughing, shortness of breath or difficulty breathing.
- Other early symptoms are chills, body aches, sore throat, headache, diarrhoea, nausea/vomiting, and runny nose.
- If you develop a fever or any of these symptoms, immediately call your healthcare provider.

- Before going to your medical appointment, tell your healthcare provider about your close contact with someone who is confirmed to have COVID-19.
- This will help the healthcare provider's office take steps to keep other people from getting infected as well as alert the health department or the National Institute for Communicable Diseases (NICD).
- It is your responsibility to inform your immediate line manager and the Human Resources Department at the University if you have been in contact with an infected person or if you are confirmed as being infected.

HOSPITALS IN CENTRAL SOUTH AFRICA IDENTIFIED FOR ISOLATION AND TREATMENT OF PEOPLE INFECTED WITH COVID-19

Kimberley Hospital in the Northern Cape
 Klerksdorp Hospital in the North West
 Pelonomi Hospital in the Free State

HOW TO WASH YOUR HANDS?

How to wash your hands properly



Use soap



Rub palm to palm with fingers



Rub tips of fingers



Rub each wrist



Rinse your hands



Dry your hands



Republic of South Africa

#CoronaVirus | www.nicd.ac.za | www.health.gov.za

For more information, call

CORONAVIRUS (COVID-19)



For enquiries:

0800-029-999

OPEN 24/7

#CoronaVirus | www.nicd.ac.za | www.health.gov.za



Republic of South Africa