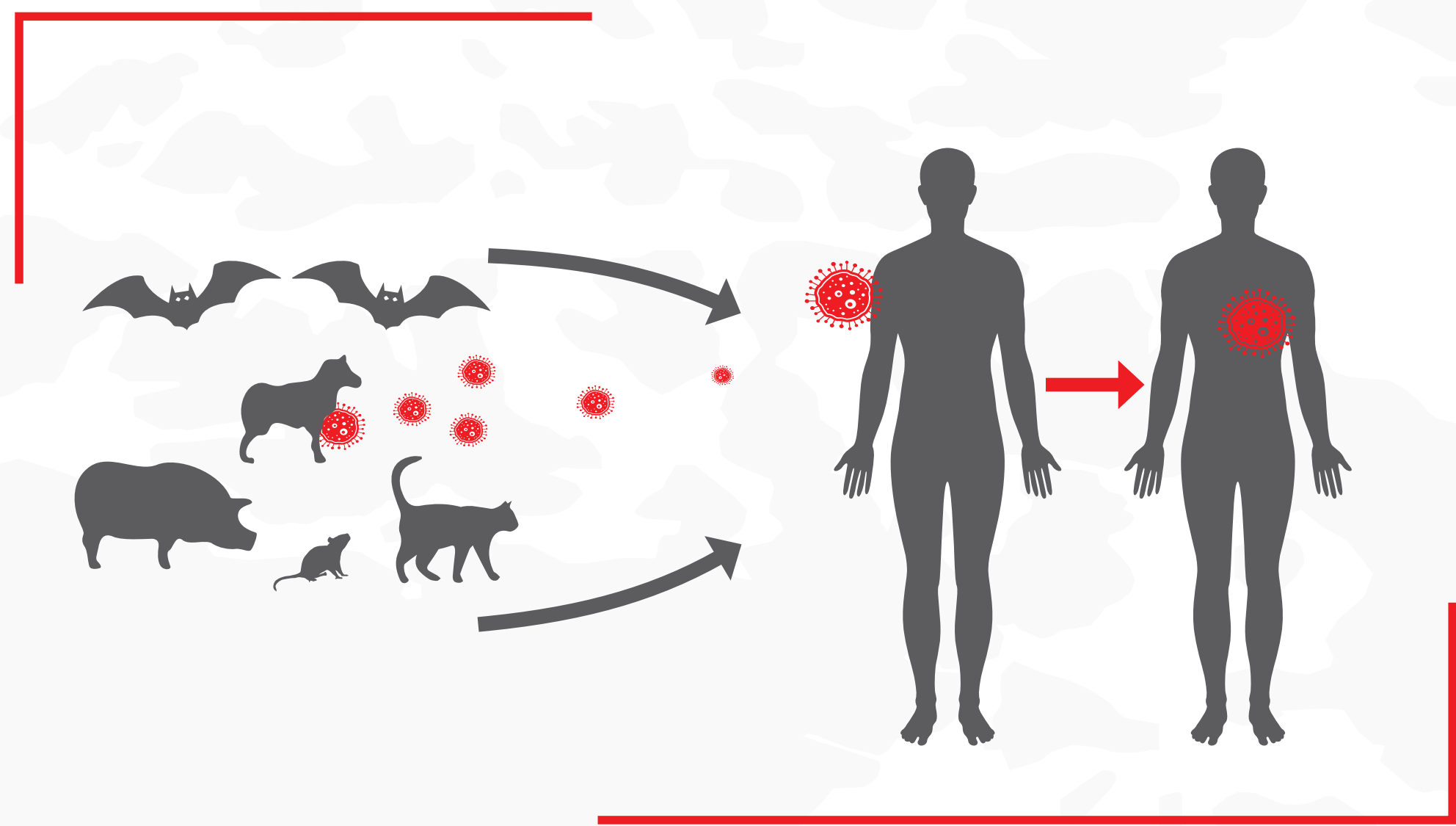


COVID-19

WHAT YOU NEED TO KNOW

WHAT IS CORONAVIRUS?



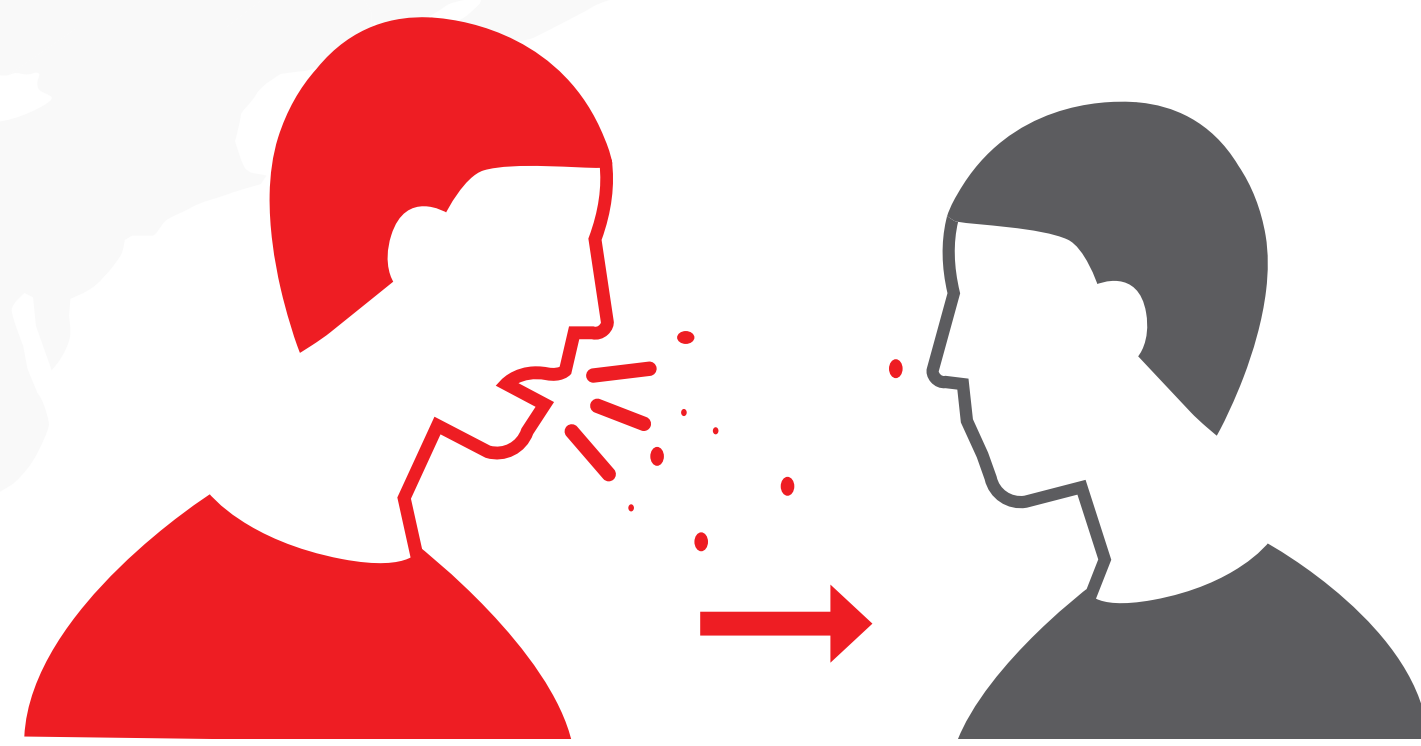
The name corona refers to a crown because these viruses have crown-like spikes on their surface when viewed under an electron microscope.

CORONAVIRUSES ARE A LARGE FAMILY OF VIRUSES WHICH MAY CAUSE ILLNESS IN **ANIMALS OR HUMANS**.

In humans, several coronaviruses are known to 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 newly discovered coronavirus named severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) causes COVID-19.

HOW DOES COVID-19 SPREAD?

The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs, sneezes or just breathes out. Other people catch COVID-19 if they are close to that person and breathe in those droplets. In addition, these droplets can land on objects and surfaces around the person.



PERSON TO PERSON

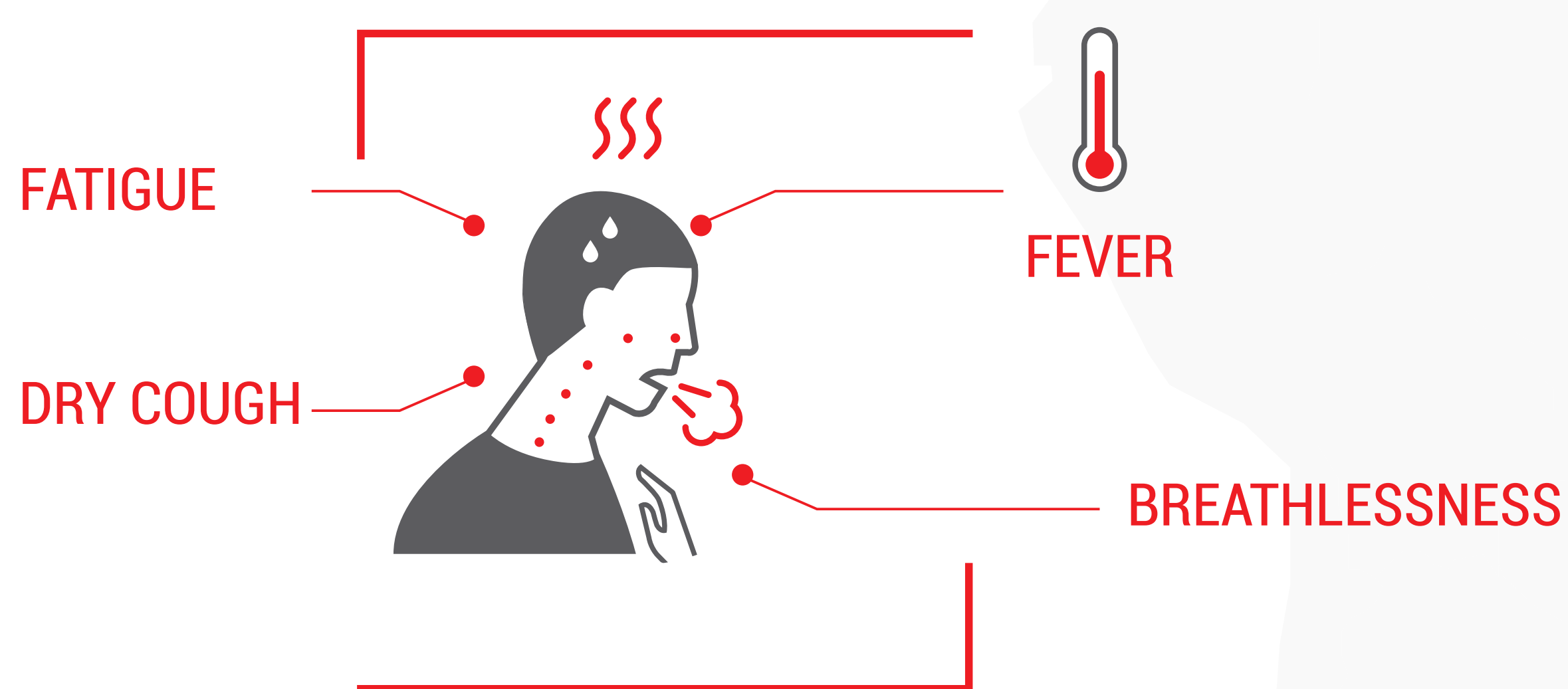
HOW CAN I REDUCE MY RISK

OF CATCHING COVID-19?

YOU CAN TAKE CARE OF YOUR OWN HEALTH AND PROTECT OTHERS BY DOING THE FOLLOWING, WHICH ARE ALSO RELEVANT FOR OTHER RESPIRATORY VIRUS INFECTIONS SUCH AS THE COMMON COLD AND INFLUENZA:

- + Regularly and thoroughly clean your hands with soap and water.
- + The person who is coughing or sneezing must maintain at least 1 metre (3 feet) distance from other people.
- + Avoid touching your eyes, nose and mouth.
- + Practice good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.

SYMPTOMS OF CORONAVIRUS



THE DISEASE RANGES IN SEVERITY FROM

MILD ILLNESS → **SEVERE PNEUMONIA**

PRACTICE CLEAN RESPIRATORY HYGIENE



IF YOU THINK YOU OR SOMEONE YOU KNOW DISPLAYS SYMPTOMS OF THE CORONAVIRUS CALL THE NATIONAL INSTITUTE FOR COMMUNICABLE DISEASES (NICD) TOLL-FREE HELPLINE ON **0800 029 999**

TREATMENT

SYMPTOMS MAY BE TREATED LIKE THE COMMON COLD

- + Drink plenty of fluids

FOR MORE INFORMATION

Email: covid19@ukzn.ac.za

Website: vc.ukzn.ac.za/covid-19



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