

**Corona Virus Protocol:**

**What is COVID 19?**

Corona Virus are a large family of viruses, which may cause respiratory infections ranging from the common cold, to more severe disease, such as Middle-East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). This is a new virus affecting humans, transmitted from person to person through droplets, sneezing or coughing by an infected person.

**What are the symptoms?**

Infected people will experience flu-like symptoms (fever, coughing, shortness of breath, runny nose, sore throat and headache, pneumonia, vomiting and diarrhoea). However, it is important to note that this virus is more deadly than the common flu.

**How to protect yourself:**

* Maintain good hygiene habits at all times
* Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a 60% or more alcohol-based hand sanitiser.
* Avoid touching your eyes, nose, and mouth with unwashed hands.
* Stay hydrated and get plenty of rest.
* Avoid close contact with people who are sick or have flu-like symptoms.
* Cover your cough or sneeze with a tissue, then throw the tissue in the garbage bin and wash your hands immediately.
* Clean and disinfect frequently touched objects and surfaces.
* Stay home if you are feeling unwell and call for medical help.

**In the event of a suspected case:**

**Step 1:** Seek medical care **immediately**.

* Call the Health Care Centre between 8:00 – 16:30 at 046 603 8523
* After hours: Call ER24 at 010 205 3068

**Step 2:** Wait where you are, for the Health Care Centre transport or the ambulance.

**Step 3:** A full medical assessment to be conducted by a health practitioner.