



Care in a time of CORONA

Symptoms of CORONA and what to do

These symptoms may appear 2 – 14 days after being exposed to the virus.



Stay at home if you have these symptoms. It may be the CORONA Virus.

- A high temperature. This means you feel hot to touch on your chest or back.
- A new, continuous cough.
- A sore throat.

Care at home

Most people will be able to stay at home and get better. You will need to stay at home for at least 14 days.

- Use paracetamol (Panado) to keep the temperature down.
- Drink a lot of water.
- Stay away from others in your house if you can.
- Do not go out.
- Wash your hands with soap and water often.
- Throw your tissues into a packet. Tie the packet and throw it away.



Seek medical advice if you have these symptoms.

- Difficulty breathing
- Pain in the chest
- Are getting confused



Where to get medical help

Use any of the contacts below to get help and advice.

- Call 0800 029999 Or WhatsApp “Hi” to 0600 123 456

- FREE doctor consultation online
Click on this link to find out more.



Discovery
Health

<https://www.discovery.co.za/corporate/coronavirus-covid19-disease>

- Talk to a doctor on your phone before you go to a clinic or hospital.

momentum
health

DIAL *120*394# It's FREE 24/7

Visit your clinic or health facility

- Cover your nose and mouth when you go to a health facility to get help. Try and keep at least 2 metres away from other people.
- When you arrive and before you enter the health facility let a staff member know you have come to be tested for CORONA.
- The health professional or nurse must separate you from other patients. This is for your own safety and the safety of other patients.

REMEMBER!

If you do have difficulty breathing,
are having pain in the chest or are getting
confused then seek medical help URGENTLY.