

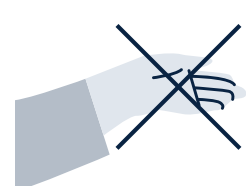
VERY IMPORTANT INFO: WE'RE IN THE HIGHLY CONTAGIOUS PERIOD

**We cannot repeat enough:
Coronavirus is serious
Coronavirus can be deadly
Coronavirus affects us all**

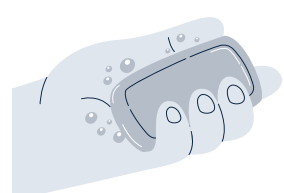
**Please:
Stay at home
Take care of your loved ones
Avoid the shops as long as you can**

**Remember, if you are not careful:
You will spread the virus.
More people will become sick.
We won't have enough medical facilities for the sick.
Medical staff will get sick.
There will be no one to care of the sick.
It will be chaos.
More and more people will die.**

What do we do?



The coronavirus incubation period is now. Many more people will get infected now.



Stay at home. Stay away from people. The next few days are crucial.



From March 23 to April 3 we must take extra care of ourselves as the virus will be at its peak. Those that have been infected will show symptoms. It will then be calm for another two weeks and it will decrease over the next two weeks.



In Italy, they neglected the contagious period, and that is why all the infections happened together. We have to flatten the curve.



Do not allow anyone to visit, not even your family. This is all for the good of all. Treat everyone as though they are infected.

IN THE NEXT DAYS, WE WILL BE AT THE MAXIMUM STAGE OF INFECTION.

Many of us are already infected and we don't know yet.

We have to be isolated for 14 days, during which time the virus will emerge.

If we are infected but don't know yet, we will be at high risk and spread the virus to innocent people.

Stay isolated. The sooner, the better. The longer, the better.

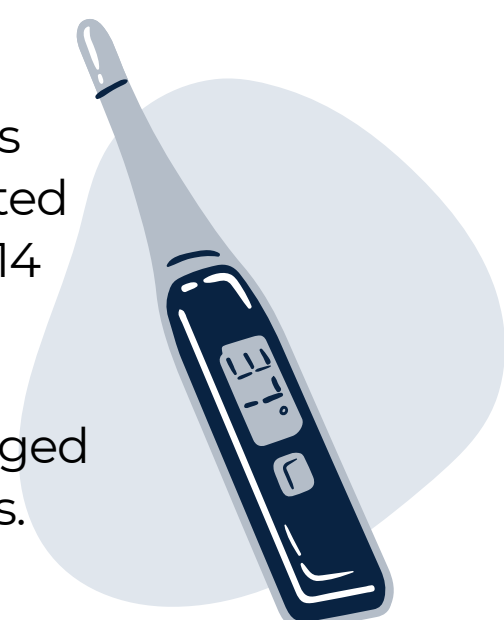
The better we isolate ourselves, the sooner we would be able to go out.

If we don't listen, the lockdown could be extended.



What if someone in my family has coronavirus?

- If any member of your family is affected, they have to be isolated from the rest of the family for 14 days.
- Families also mean groups of people living together in old aged homes and other care facilities. They are also high risk.
- Children are very low risk but can spread the virus.
- That's why schools are closed.

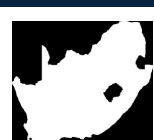


What do I do if I experience any of the COVID-19 symptoms?

DO NOT go to the doctor. Phone your doctor for advice.
Phone the COVID-19 hotline.
STAY AT HOME if your symptoms are mild. If you start to experience breathing problems, notify the hotline immediately and they will arrange for you to be tested and treated.
Do not go to the hospital or the clinic. They will pick you up and take you directly to the hospital for screening, testing and treatment.
Do not use public transport.



www.covidcomms.org.za



Can I visit my grandparents during the lockdown?

All visits are forbidden, especially visits to the elderly who are very vulnerable.

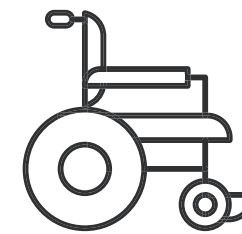
Avoid contact to protect the elderly.

Only visit if it is absolutely necessary.

No touching. No kissing. No hugging.

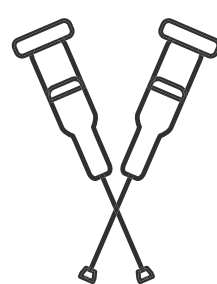
Phone your grandparents regularly.

Make WhatsApp video calls to keep grandparents company.



Can I leave the house during the contagious period?

Better not. If you have to leave the house:



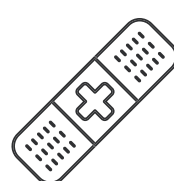
Remember to keep the 1.5m distance with people.



Avoid touching anything.



When you buy essential foods, go alone and return home immediately.



Keep your receipts to show the police and army when they ask.

What should I remember when shopping?

Leave children at home.

Go alone.

Wear a mask, or a cloth around your nose and mouth.

Keep a distance of 1.5m between people.

Sanitize. Sanitize. Sanitize.

When you are outside the house, avoid touching your mouth, ears and nose.

Only touch what you want to buy.

Do not overbuy. Think about other people who need to buy food too.

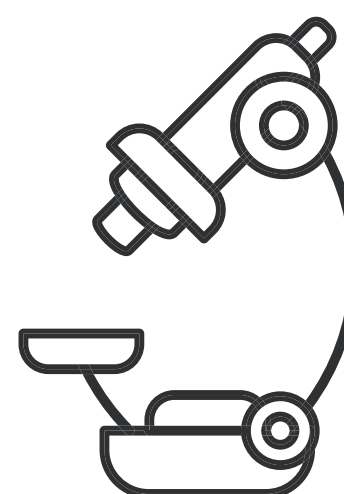
Sanitize as you leave the shop.

Wash with soap and water for 20 seconds when you return home.



Some sad things to keep in mind:

- If someone in your family gets sick, they will be alone in isolation.
- You cannot visit your family when they are in isolation.
- If they die, you cannot pay your last respects.
- You cannot do a funeral



Where is the coronavirus? Can we see it?

Coronavirus is invisible to the eye. It can be found on:
Door handles
Car and bus seats
Counters in shops
On food in shops that people have touched.

