

## Covid-19 Factsheet

March 2020

Following President Ramaphosa's declaration of a National State of Disaster on Sunday 15 March 2020, it is recommended that all South Africans attempt to slow the spread of the virus by following the behaviours prescribed:

- Wash hands or sanitize hands whenever moving from one venue to another.
  - Use soap and water, front and back for 20 seconds minimum.
- Keep an alcohol-based sanitizer ready for times when soap and water are not available.
- Use paper hand towels for drying.
- Do not touch your eyes, mouth or nose.
  - The virus is spread via water droplets.
- Practice Social Distancing.
  - Try and keep 2 meters from the people around you. This practice has been shown to greatly slow the spread of Covid-19.
- Follow the *no touch* greeting of touching elbows, tapping toes or Namaste. No handshakes.
- If you do sneeze or cough, do it into your elbow or sleeve, NOT into your hands.
- If you show symptoms, stay at home and contact the healthcare professionals listed below.
  - Symptoms are flu-like: Fever, Headache, Dry cough, Scratchy throat, Diarrhea.
- Spread calm, not panic.
  - Please only pass on authentic information from medical experts like the contents of this circular.
- Regularly clean surfaces with disinfectant and alcohol-based cleaners.
- Limit exposure to populated spaces wherever possible.
  - Malls, gyms, cinemas, airports, bars, clubs, hospitals and public transport.

<u>Lancet testing station</u>	Umhlanga	031 584 0760
	Durban	031 308 6500
<u>Ampath testing station</u>	Durban	031 270 0426

By working together we can slow the spread of the virus and give our health care system and emergency services a fighting chance.

Keep safe.

Sincerely,

The Macdonald Steel Team