

# COVID - 19

## WHAT YOU NEED TO KNOW

### What is it?

COVID - 19 stands for the Coronavirus disease caused by the new strain of coronavirus that originated in Wuhan, China. It has now spread to countries such as South Korea, Italy, France, Spain, Germany, Iran, Kuwait, Brazil, Canada, USA and several African countries.

By mid March 2020, there were several existing cases across Egypt, Algeria, Morocco, Senegal, South Africa, Nigeria and Kenya.

### How does it spread?

Once in humans, coronaviruses can spread to other humans through:



#### Air transmission

e.g. in droplets caused by coughing, sneezing or spitting



#### Direct touch with an infected person

e.g. by shaking hands



#### Infected surfaces

e.g. touching an infected surface and then touching your face

## Symptoms?

The most common symptoms are fever, tiredness, and dry cough. These are usually mild and begin gradually, or there may be no symptoms at all.

FEVER

Diarrhoea

TIREDNESS,  
ACHES &  
PAINS

Headache

A runny nose

DRY COUGH

DIFFICULTY BREATHING

People with fever, cough and difficulty breathing should seek medical attention.



## Prevention?

The majority of people who develop COVID-19 do not need specialised care to fight the infection. However, people over 60 and those with underlying medical conditions are more likely to develop serious illness, so we all need to play our part to prevent the virus spreading.



**Wash your hands often** using soap and water or alcohol-based hand rub for 20 seconds.



**Stand at least 1m (3 feet)** from people who have a fever or cough.



**Do not wear a mask if you are not sick. Only use a mask if you are coughing and sneezing or taking care of a person with suspected infection.**



**Avoid touching your face** especially your eyes, nose & mouth.



**Clean and disinfect** surfaces that are frequently touched, e.g. door handles, table surfaces, etc.



**Avoid eating raw or undercooked animal products.**



**Cover your mouth and nose when coughing and sneezing**, with a tissue or the inside of your elbow.



**Avoid travel if you have a fever or cough**, and check your country's travel advisory.



**Throw the tissue away immediately in a closed bin and wash your hands.**



If you use a mask, fit it snugly over your nose and mouth and do not touch it once it's on.

Replace it with a new one once it's damp. Remove the mask from behind, throw it in a closed bin and wash your hands well.

**Stay at home if you are sick.**

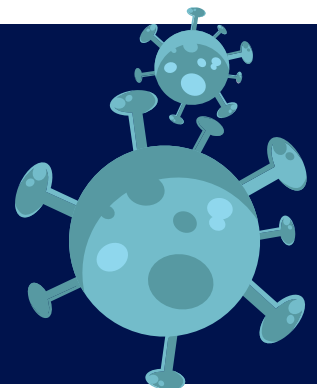
## What Heritage Blue and Liberty Blue are doing

Every one of our members matter to us. We will continue to monitor developments in this space, and also bring you the necessary information to keep you updated.

References and for daily updates on the Coronavirus

<https://www.who.int/health-topics/coronavirus>

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>



*If you have flu-like symptoms and recently traveled to a high risk country for COVID-19, or you have had contact with someone who recently traveled to those countries, please seek medical care. Call ahead and share your travel history with your healthcare provider so they can direct you. Alternatively, please contact the hotline for your country's Health Ministry or its designated health authority who are co-ordinating the response to COVID-19:*

**Ghana**  
055 2222 004 055 2222 005  
050 9497700 055 8439 868

**Kenya**  
0729 471 414, 0800 721 316,  
0732 353 535

**Lesotho**  
Dr. Ranyali - 58844544 and  
IHR - 58852916

**Malawi**  
+265 887 371 288

**Mauritius**  
8924 (8925-29 after hours)

**Mozambique**  
800149 - 82149- 84146

**Nigeria**  
Toll free 0800 9700 0010

**South Africa**  
0800 029 999 (NICD)

**Tanzania**  
0800 110 124, 0800 110 125

**Uganda**  
0800 203 033, 0800 100 066

**Zambia**  
0974 493553, 0953 898941,  
0964 638726, Toll Free: 909

**Zimbabwe**  
Dr Chionzi - + 263 712 860 777  
Dr Masunda - + 263 774 023 283

**Numbers without international dialling codes should be dialled from inside the country.**