help break the cycle of diseases – **clean hands** save lives

wash your hands for at least 20 seconds

with soapy water or an alcohol-based sanitiser

coronavirus – symptoms

- dry cough
- fever
- difficulty in breathing

Older people and those with underlying medical problems are at greater risk.
If you develop a fever, a dry cough or difficulty in breathing you should seek medical attention.

protect yourself and others from getting sick

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health
Department:
Health
REPUBLIC OF SOUTH AFRICA

World Health Organization

www.primeserv.co.za

WHO (World Health Organisation) – https://www.who.int/news-room/q-a-detail/q-a-coronaviruses

coronavirus | **COVID–19**

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coronavirus – avoid touching your face, your eyes, nose or mouth.

Hands touch many surfaces which may be contaminated with viruses. You could be transfering the viruses onto yourself. From there, the virus can enter your body and can make you sick.

protect yourself and others from getting sick

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