



work as one – succeed as one

reduce your risk of infection – **follow the health and safety guidelines**

let us work as one to keep each other safe



avoid crowded spaces



hotline 0800 029 999  
whatsapp: 0600 123456  
@COVID\_19\_ZA  
sacoronavirus.co.za



**integrated**businesssupport**serv**ices



headache



dry cough



fever



runny nose



difficult breathing



muscle pain



sore throat



vomiting

# look out for these symptoms\*\* – then seek help

\*\* incubation period: 2 to 14 days – symptoms ranging from mild to severe



work as one – succeed as one

stay at home if you feel sick, and inform your manager – **then call the covid-19 hotline on 0800 029 999\*** *before* seeking medical help at medical facility or local clinic

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\* 8am to 4pm, Monday to Friday



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## is it just flu or is it covid-19?

Some flu and covid-19 symptoms are similar, making it difficult to tell the difference based on symptoms alone – testing may be needed to help confirm a correct diagnosis.



stay at home if you feel sick,  
and inform your manager –  
**then call the covid-19  
hotline on 0800 029 999\***  
*before* seeking medical  
help at medical facility  
or local clinic

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 covid-19

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# comparing flu with covid-19

the differences:

- both are contagious respiratory illnesses
- both are caused by different viruses
- covid-19 spreads more easily than flu
- covid-19 causes more serious illnesses
- people with covid-19 can be contagious for longer
- the symptoms of flu and COVID-19 are very similar
- anyone can have mild to severe symptoms
- older adults and people with underlying medical conditions are at higher risk of developing more serious complications from covid-19



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Follow good respiratory hygiene to protect the people around you – **cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.**

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# comparing the symptoms



dry cough



sore throat



fever



runny nose  
and sniffles



muscle pain  
and fatigue



difficult breathing



vomiting  
and diarrhea



headache

flu								
covid-19								
common cold								



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# let's stop the spread of the virus – *remember*



wearing a mask  
protects you  
and others



sanitize or wash  
your hands  
regularly



avoid crowded  
spaces



use a tissue to  
cover a cough  
or a sneeze



stay at home  
if you feel sick



avoid touching  
your face with  
unwashed hands



work as one – succeed as one

protecting your health and  
the health of others –  
helps to protect our  
livelihood and our jobs

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COVID-19

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