

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS

WHAT IS COVID-19?

Coronavirus (COVID-19) results in respiratory infection.

FEAR

South Africa is at the beginning stages of COVID-19. We need to be prepared and know what to do when the outbreak reaches epidemic proportions. Widespread fear is our biggest enemy at this stage. You need to stay calm and make sure you do everything in your power to protect your loved ones. We can and will get through this. May God bless us.



IF YOU DEVELOP SYMPTOMS, SEEK MEDICAL CARE.

Inform your healthcare provider prior to the visit about your travel history and any potential exposure.

SYMPTOMS

- Mild to severe respiratory illness with
- fever
- cough
- sore throat
- difficulty breathing



PREVENTION

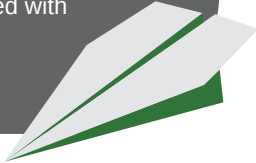
- **WASH HANDS FREQUENTLY** and carry a hand sanitiser.
- Maintain good **PERSONAL HYGIENE**.
- **DO NOT TRAVEL** if you think you are ill.
- Keep away from **PEOPLE WHO ARE SICK**.
- Avoid **TOUCHING YOUR FACE** before you wash your hands.
- Do not touch anyone. Stay at least **TWO METRES AWAY FROM ANYONE** (if possible).
- Stay away from crowded places – as far as possible.

TREATMENT

There is no specific antiviral treatment available. Antibiotics do not treat viral infections. However, antibiotics may be required if secondary bacterial infection develops.

WHO IS AT GREATER RISK?

Everybody who travelled to a country with ongoing community transmission is at risk of being infected with the virus.



FOR MORE INFORMATION

www.internationalsos.com/coronavirus
www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public



Coronavirus outbreak 24-hour
hotline number

0800 029 999

SA Coronavirus WhatsApp group

060 012 3456

MAKE YOUR OWN HAND SANITISERS

OPTION 1

One could easily use 3 caps of Dettol to a litre of water.

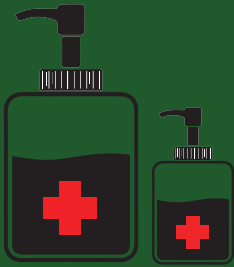
OPTION 2

One could also easily use 3 caps of Jik to a litre of water.

OPTION 3

If you don't have sanitiser or Dettol mix, you can mix:

- x1 litre white vinegar
- x1 litre water
- x1 cup bleach
- x3 tablespoons bicarb in a large container then pour into spray bottles



THABAZIMBI NOODNOMMERS

SAPS	
Northam SAPS	014 784 4100
Thabazimbi SAPS	014 777 3500

Hospitale en klinieke	
Provincial Hospital	014 777 7000
Thabazimbi Clinic	014 777 1336
Regorogile Clinic	014 772 3178
Amandelbult Hospital	014 784 2828
Medi Clinic Thabazimbi	014 777 2097

krisis	
Trauma Rescue	086 178 9911
Disaster Management	082 079 9335
Fire Department	082 551 4204
Thabazimbi Local Municipality	014 777 1525
Fire Protection Association Thabazimbi	078 252 4076
Thabazimbi Traffic Department	083 687 1883
Thabazimbi Waste Removal	083 757 7599
Northam Waste Removal	083 757 7599
TLM Water Services	083 703 2805
TLM Electrical Services	083 703 2804
TLM Rooiberg Satellite	082 658 3593
TLM Northam Satellite	082 658 4607
TLM Leeupoort Satellite	082 658 2477
Critical Life Assist	060 911 0911

Slang Noodnommers	
Petrus Van Breda	079 897 5611
Peet Van Breda	083 579 3139
Delpport Botma	082 941 4137
Charles Jansen Van Vuuren	074 414 6138

Dokters	
Dr. Buys Spreekkamer Thabazimbi	014 777 1081
Dr. De Kock (Northam)	014 784 0034
Dr. De Kock (Thabazimbi)	014 777 1037
Dr. De Kock Noodnommer	083 454 6813
Dr. Fouche Thabazimbi	014 777 1939 079 844 6733

Veeartse	
Kransberg Dierekliniek	081 760 4912 071 354 3208 064 518 3814
Medivet	014 772 3323 073 500 4818

Apteke	
Medhof Thabazimbi	014 777 1288/87 082 333 8576

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