



**Cape Town Together**  
**Community Action Networks**  
**COVID-19 Response**  
**Social Physical Distancing. Social Solidarity**

# Cape Town Together: COVID-19 Response

Community Action Network (CAN) Starter Pack

*WORKING DOCUMENT*

Compiled by Cape Town Together CAN!  
With input from  
Dr Leanne Brady

## **What is Cape Town Together?**

Cape Town Together is a rapid community response to COVID-19. The broader collective is made up of people from all over the city coming together to self-organise, take local action, and develop ways to share resources. Some of us are organisers, some of us are carers, some of us have worked in outbreak situations before. We are teachers, doctors, artists, and many others. COVID-19 reminds us that we are all connected, that this is a time for solidarity, and that we need to move fast.

The goal of Cape Town Together is to support Community Action Networks (CANs) in neighbourhoods across the city. Each community group or CAN is organised at the neighbourhood level and is also connected to the broader CTT network. This means that we act locally, while also drawing on our collective experience and energy to share lessons and resources across the city. The community response will look different in each neighbourhood — we are not trying to create a copy-paste model that can be scaled up. Instead, we are looking to set up a system that can collectively support many locally-led neighbourhood initiatives.

Getting through the COVID-19 pandemic will require a collective effort. We all have a role to play and that there is a lot we can do in our own communities. We commend the government's response to COVID-19, and offer these guidelines as a way for communities to strengthen and support the government's response.

It is imperative that any community-based responses are conducted safely and do not expose community members to increased risk, or contribute to the spread of the virus. For this reason, all CAN activities must adhere to official guidance from the Department of Health. At the moment, this involves social distancing as the key tactic to #stopthespread of COVID-19.

It is also of vital importance that any information shared through the CTT network is scientifically accurate and medically sound. During a pandemic, false information can be as dangerous as the disease itself. For this reason, we ask that CAN members only share information and guidance as disseminated by the Department of Health. These resources are available in the 'Resources' section at the end of this document, and the Cape Town Together Facebook page. If you need a piece of information or guidance that is not available there, let CTT know via our Facebook page or email [capetowntogethercan@gmail.com](mailto:capetowntogethercan@gmail.com). We will either locate the resource and share it, or work with DoH officials to develop one.

## **About the Community Action Network (CAN) Starter Pack**

This document is designed to support local neighbourhood groups, or CANs, to take collective action in response to COVID-19. Evidence from all other outbreaks teaches us that we always act too late, and that community-led responses are critical.

This document shares some ideas and tips to get started strengthening your community's capacity to respond to COVID-19. It is just a start. Your CAN will have lots of other ideas, and we hope you share them with us on Facebook - simply join the Cape Town Together

Facebook group and share your ideas there. That way, we can include your ideas in the next Starter Pack!

There is a COVID-19 explainer on page 10 of this pack with everything you need to know about COVID-19 and coronavirus. We recommend you read it to make sure you have a good understanding of COVID-19 and how it spreads. We have also included the official Department of Health handouts, starting on page 12. You can use these to share official information with others.

## **Creating a COVID-19 Rapid Response CAN**

Organising your community into an effective, action-based community support network isn't easy. People have their own stresses and worries, and can be resistant to volunteering their time and energy. However, with a bit of positivity, energy and organisation, these barriers are easily overcome. Once you get going, you will be amazed at the energy and commitment your community has to offer. Here are some basic principles to get you started.

### ***Getting organised***

As soon as possible allocate key roles to CAN members and decide on a communication strategy

- One of the most important roles is an administrator to:
  - Collect the contact details of all the CAN members
  - Collect important documents and save them somewhere other CAN members can find them
  - Keep records of decisions taken and tasks assigned to CAN members
- A communication strategy needs to include a platform for communicating among CAN members and a way to spread the word about CAN activities to others.
  - To communicate among CAN could consist of a Whatsapp group, an email mailing list, or group Skype calls (or a combination of these).
  - To tell others about your CAN activities and achievements, you might want to set up a Facebook page, or use another form of social media.
  - As your CAN grows, you will probably need to assign the task of managing communications to two or three proactive, high energy and engaging CAN members.
  - Your communication strategy must be inclusive, so make sure all your members have access to the platform you choose.

### ***Being action-oriented***

- Although there might be a lot to do, and a lot to worry about, don't get bogged down by the what-ifs and the endless possibilities.
- Pick one thing that is achievable given the size and strength of your CAN and GET IT DONE.
- Remember, one successful activity will generate more energy and new members.

### *Being collaborative*

- There may well be groups and organisations already operating in your neighbourhood. We don't want to fragment, undermine or duplicate the efforts of another community action group.
- Ask around and look online to find any other active groups. Get in touch with them, introduce yourself and your CAN. Find out what they have been doing, where you could collaborate, and what still needs to be done.
- Focus on filling the gaps in your community.

### *Growing your CAN*

- Although it's okay to start small, there will be a lot of work to be done in the coming months. This means you will need to grow your CAN, while at the same time staying organised, and action-oriented.
- One way to do this is to put postcards under the doors of your neighbours inviting them to join your CAN. An example of a postcard you could use is included in the resources section of this document.

### *Being a guilt-free zone*

- The fuel of community organising is positive energy. This means that it has to feel good to work with your CAN.
- It is important to be conscious of the fact that your CAN members likely have other duties and responsibilities at work and at home, and these intensify during stressful times like these. Feeling torn between these duties, or feeling guilty about not contributing enough to the CAN will cause people to pull away.
- The culture of the CAN should be that everyone has something to offer and their best is good enough.

### *Keeping your CAN safe*

- Safety should be the top priority of any CAN activity. It is incredibly important that no CAN members are placed at risk of contracting COVID-19, and that the CAN activities do not contribute to the spread of the coronavirus.
- Some basic principles to follow in this regard include
  - Meet online wherever possible
  - In-person meetings should involve as few people as possible, and should apply the principles of social distancing (wash hands before and after, don't come if you are sick, don't touch your face, don't touch each other, and stay at least 2 meters apart at all times)
  - As far as possible, make sure CAN members have access to masks, handwash stations or hand sanitiser when engaging in CAN activities

### *Keeping your CAN healthy*

- All CAN members should monitor their own health closely

- If you feel at all unwell, remove yourself from in-person CAN activities immediately
- Let your CAN members know, so they can arrange someone else to cover your duties
- There is no shame in pulling back if you need to. You are doing the right thing.
- CAN members who are self-isolating can continue to contribute to online activities

## **Key principles for community responses to COVID-19**

Protecting the community from COVID-19 is possible if everyone works together.

Remember:

1. Facts are stronger than fear
  - Most people who get COVID-19 will recover fully. Many might not even realise they were infected, but most will feel like they have a mild flu.
  - It is very important your community has a good understanding of the coronavirus so that they can be safe but not panic.
2. No one is safe unless we are all safe
  - Coronavirus doesn't discriminate. No matter how hard I try to protect myself, I am at risk if those in my community are at risk. That is why it is so important to work together and support each other to protect the whole community, especially the most vulnerable.
3. Keep it local
  - No one understands your community's needs and strengths better than you and your neighbours. By working with those around you, and drawing on the resources already in your community, you can help each other stay safe.

## **Some things your community can do to support each other during the COVID-19 pandemic**

COVID-19 is going to be around for the coming months, or longer. To try to slow down the spread of the virus the South African government has declared a national state of disaster, closed schools, and banned large gatherings, among other things. These measures will affect everyone in your community. Here are some ideas of activities you can do in your community to support each other and stay safe during the COVID-19 pandemic.

### *Mapping your community*

A good way to get started is to map your community's strengths, resources and vulnerabilities, as well as its vulnerable people. To do this, get together a few volunteers who know the community well and brainstorm some ideas.

Strengths include groups of people with existing relationships. For example:

- Close and supportive relationships between community members
- Existing formal and informal networks like community groups, religious organisations, NGOs, soccer clubs, among others.

- Groups of people who are already mobilised in your community. You can link them in to your COVID-19 response activities.

Community resources are spaces, objects and individuals that could be helpful to your community-based activities. Community resources can include:

- People with particular skills, like woodwork, cooking, or healthcare experience
- Spaces that might come in handy, such as church halls or Mrs so-and-so's big kitchen.
- Local businesses that might be willing to donate supplies or money
- People who have resources such as a bakkie, a photocopier, large pots and pans.

Once you have identified all your community's strengths and resources, the next step is to think about what makes your community vulnerable to COVID-19. This will help you know where to focus your community action responses. For example you might have limited access to taps and water pipes, you might have a high number of people coming into your community who could spread COVID-19, or maybe you have some people in your community who believe false information about COVID-19. Once you have identified your vulnerabilities, you can start developing a plan to turn these vulnerabilities into strengths.

One of the most important things to think about in your community mapping, is people who are particularly vulnerable and might need extra support. People can be vulnerable because they are at high risk of getting sick from COVID-19, but some people are also vulnerable to the economic consequences of the pandemic. Think about who might need extra support from community volunteers during this time.

Once you have all this information, you can start developing a plan. There are some ideas presented in this document, but your plan will depend on your community's needs.

Remember, no one knows your community better than you do.

### *Spreading trusted information*

People need to understand the coronavirus and how it is spread to know how to protect themselves and those around them. However, there is a lot of fake information out there.

You can help to make sure everyone has the facts they need by:

- Making posters or pamphlets based on official information.
- If you can, send these by WhatsApp.
- If you hand out pamphlets:
  - Only hand out pamphlets if you are totally healthy
  - Make sure you wash your hands regularly
  - Stay at least 1m outside the front door and leave the pamphlet for the person to pick up.
  - Don't touch anyone
  - If you are talking to someone, stand at least 2 meters apart
  - Put the pamphlet through the door if no-one is home
- 
- Going from house to house making sure people know the signs and symptoms of Covid-19. Remember, like with giving out pamphlets:
  - Don't touch anyone
  - Stay at least 1m apart from others

- Stay outside the house.
- Remind others not to spread fake news

At the end of this document, you will find official information on COVID-19, and useful resources to share with others.

### *Caring for children who are not at school*

Government has cancelled school to make sure the virus does not spread between children at school. Government has also asked community members to avoid allowing children to play together. However, most parents are still working and cannot look after their children during the day. For that reason, in some communities a safe space for children will be desperately needed. In these situations, one way to support your community during COVID-19 is to set up a safe space for children to come while their parents are at work. Here are some ideas of how to do this as safely as possible:

Remember if at all possible, we should avoid all large gatherings, and that includes children. But in neighbourhoods where there is no other option, here are some ideas of how to care for children safely:

- Stick to small groups of children in any one location to decrease the risk of spreading the virus
- No sick children should be part of this group because they need to be safe at home. Do everything you can to make sure children are cared for, children don't get sick, and children don't spread COVID-19
- Get together a group of volunteers for looking after the younger children and cleaning the space
  - Older children who are also not at school could also help.
  - High school students can also do educational activities with younger students
- You can use a community hall, church hall, someone's house with an outside space
  - The space should have a bathroom and lots of places where the children can wash their hands
    - Set up TippyTap handwash stations if necessary. You can see the instructions in the resources section of this document.
  - The space must also be cleaned regularly, especially high-touch surfaces
- If possible, children who have HIV or TB should not be cared for with other children. These children should stay home.
- It is very important that parents and children know that children who are sick should stay at home
  - If a child starts coughing or sneezing while you are caring for them:
    - Put a mask on them
    - Separate them from the other children
    - Take them home
  - It is important that children understand that this is not a punishment or something to be ashamed of. If they feel ashamed they will not tell you when they are feeling sick.
- If you have extra volunteers, you can raise funds to buy some groceries and make meals or snacks for the children

## *Support people who are self-isolating*

Self-isolating means protecting yourself and those around you from coronavirus by staying at home as much as possible and having little contact with others. There are two reasons someone might be self-isolating during the COVID-19 pandemic:

1. The person might be over 60 or have a chronic health condition that makes them particularly vulnerable to COVID-19. This means that if they get infected with COVID-19 there is a higher chance they will get very sick.
2. The person might be worried that they have COVID-19 and want to protect those around them. Because many people who get COVID-19 only get mild symptoms, it can be hard to know if you are sick with COVID-19 or just have an ordinary cold or flu. For this reason, people might be self-isolating even if they don't know whether they have COVID-19.

People who are self-isolating for either reason are DOING THE RIGHT THING - they are protecting those around them. Communities should help and support them while they are self-isolating. Here are some ideas for what healthy community members can do to support those who are self-isolating:

- Offer to buy groceries, do chores, or cook food for people who are self-isolating (especially the elderly)
  - Remember not to touch the person, and to stay 2 meters away at all times.
- Set up a community kitchen to cook for people who are sick or self-isolating.
  - Get together a group of volunteers to do the cooking
  - Raise funds for buying groceries
- One way to do this is to slip a note under their door giving a phone number they can call or text if they need help.

## *Help prevent the spread of COVID-19 in communities with shared toilets and taps*

Remember that you can only become infected with COVID-19 if the virus enters through your eyes, nose or mouth. This means that you cannot get COVID-19 from a shared toilet seat.

However, toilet doors, flush-handles, taps and water pipes that are shared by many people are high-touch surfaces. This means that it is possible for the virus to be spread from these surfaces. Here are some of the things you can do to protect each other in communities using shared toilets and taps.

- Put hand-washing stations all around, so people can wash their hands before and after touching these high touch surfaces.
  - At the end of this document, there is a link to instructions for how to make your own handwash station.
- Clean high touch surfaces regularly (with jik or bleach if available). You can set up a list of volunteers to clean these surfaces at different times every day.
  - At the end of this document you can find a link to information on how to use bleach safely for cleaning.



- If there is a queue for the toilet or the tap, people should stand at least 2 meters apart from each other.
- Put up signs at shared toilets and taps reminding people to wash their hands, stand 2 meters apart, and not to touch their eyes, nose or mouth if they have not washed their hands.

Although people should wash their hands with running water as often as possible, it is also very important that community members can wash their hands in their own homes, even if they don't have running water. One way to do this is to make a hole in the top of a 2-litre plastic cooldrink bottle and make a squeeze bottle that you can use to wash your hands:

1. Wet your hands with water from the bottle
2. Wash with soap for 20 seconds
3. Rinse thoroughly with water from the bottle
4. Remember that the outside of the bottle could become a high-touch surface, so wash the bottle regularly

Hand sanitizer can be used to disinfect your hands and prevent the spread of COVID-19 if you don't have access to running water. It is important to remember that hand sanitizer is only effective at killing the coronavirus if it is at least 60% alcohol. Check the ingredients on the bottle to make sure. It is important to remember that hand sanitizer is expensive and can be difficult to find in the shops. For this reason many people who do not have access to running water do not have access to hand sanitizer either.

### *Make your own masks*

During the COVID-19 pandemic, people who are coughing and sneezing should wear masks to protect those around them. In the resources section of this document, you will find the World Health Organisation guidance regarding who needs to be wearing masks at this time.

Masks might not be available at the shops, and might be expensive. You can make your own using a paper serviette, tissue or paper towel. You will also need a stapler and elastic bands.

- Fold a tissue or toilet paper back and forth like a fan
- Staple an elastic band to each end of the folded tissue
- Wear the elastic bands around your ears.
  - You can find detailed instructions on how to do this in the resources section at the end of this document.

## *Place handwashing stations around your community*

Washing hands regularly is the most important way to slow the spread of COVID-19. You can build your own handwashing stations to place around your community. TippyTaps are an easy way to build your own handwashing stations.

- You can find instructions for how to build a TippyTap in the resources section at the end of this document
- Get together a group of people to build and install the TippyTaps around your community
- You will also need a group of volunteers to make sure there is water in the TippyTap. Community-members can take turns to check and re-fill the bottles - in busy areas this will probably need to be done every hour.



## *Start a community kitchen*

People who are sick, people who are self-isolating, and people caring for someone who is sick might have difficulty cooking healthy meals for themselves and their families. One way to support those affected by COVID-19 in your community is to cook healthy, hot meals together and take them to those in need.

- You will need a few volunteers and a place to cook
- Volunteers should wash their hands often while cooking, with soap and water
- Volunteers can also wear masks
- When delivering the food, remember not to touch the person you are delivering to and to stay at least 1m apart. You can place the food on a surface for them and they can pick it up.

## *Help prevent the spread of COVID-19 among people using public transport*

On public transport many people often share one taxi, bus or train. This creates many high-touch surfaces and exposes lots of people to being infected by COVID-19. This means that it is important to take steps to prevent the spread of COVID-19 on public transport. Here are some things you can do to help if you use public transport:

- If you can, try to avoid using public transport during this time
- Do not use public transport if you are feeling sick, especially if you are coughing
- Wash your hands thoroughly before getting on the taxi, train or bus
- Try to open the windows so you have good ventilation
- If the taxi, train or bus is not full, try to sit at least 2 meters away from others
- Wear a mask when using public transport
- When you get off the taxi, train or bus, wash your hands as soon as possible. Don't touch your face until you have washed your hands.

# COVID-19 Explainer

## What is COVID-19

The [Coronavirus disease \(COVID-19\)](#) is caused by a virus called SARS-CoV-2. The virus has been spreading around the world since November 2019. Although other types of coronavirus existed before, this coronavirus is very contagious, and has already spread to many countries around the world. Because it is spreading so fast, it is called a pandemic. It is very important to call the hotline if you develop any of the symptoms listed below.

## What are the symptoms of Covid-19?

Most people (8 out of 10) who get COVID-19 only get a mild illness that feels like having the flu, some don't even notice that they are sick. The symptoms include:

- Cough
- Fever
- Sore throat
- Shortness of breath

The symptoms usually go away on their own.

## Who is particularly vulnerable to COVID-19?

About 2 out of 10 people who get COVID-19 will get very sick. People who are more likely to get very sick from COVID-19 are:

- People older than 60 years
- People with other chronic illnesses (comorbidities). These include:
  - Chronic cardiovascular disease
  - Chronic respiratory disease
  - Diabetes
  - Cancer
  - At the moment, there is no evidence or official guidance on the impact of COVID-19 on people with HIV or TB.

COVID-19 can be fatal. The chance of someone dying from COVID-19 depends on whether they are able to get the health care that they need. If too many people get sick from COVID-19 at the same time, the hospitals and clinics will be overwhelmed, and many people will not be able to get the treatment they need. That is why it is very important that everybody works hard to prevent the spread of coronavirus.

## What is the treatment for Covid-19

There is currently no anti-viral treatment for COVID-19. For mild illness, the recommended treatment is supportive so rest, drink lots of water, and maybe take some paracetamol. The same as flu. But, an important difference is that if you have COVID-19 it is very important to self-isolate so that you don't spread the virus to anyone else. However, some people who

get very sick with COVID-19 will need to be treated in hospital. Make sure you call the hotline if your condition deteriorates.

## How is COVID-19 spread?

Coronavirus can enter the body through the eyes, nose, and mouth. There are two ways the coronavirus can be spread:

1. **Respiratory droplets:** When someone with COVID-19 coughs, sneezes or blows their nose, tiny droplets are released into the air. These droplets can contain coronavirus. If someone else breaths in one of these tiny droplets, they can become infected
2. **Fomites:** Coronavirus can also be on surfaces that people touch often. This can happen if someone coughs or sneezes and the droplets land on that surface, or it can happen when someone with the virus touches that surface. If an uninfected person touches that same surface, and then touches their eyes, nose or mouth, they can become infected.

## How can we protect ourselves from COVID-19

There are lots of things you and your community can do to protect yourself and each other. These are:

1. Wash hands as often as possible with soap and water. Wash for 20 seconds at least. Ordinary hand soap is effective at killing the coronavirus if you wash for 20 seconds.
2. Don't touch your eyes, nose or mouth if you have not washed your hands
3. Cough and sneeze into your elbow, or into a tissue if you have one. Throw the tissue away.
4. Stay 2 meters away from others whenever possible, especially if they are sick
5. Don't hug and kiss or shake hands.
6. Clean 'high-touch' surfaces often
7. Clean and disinfect frequently touched objects and surfaces.
8. Stay away from large groups of people.
9. Encourage those in your community to cancel group events like religious services and sporting events
10. If you think you might be sick, stay home and try to have little contact with others
11. If you are coughing or sneezing, wear a mask

## What to do if you start feeling sick during the COVID-19 pandemic

If you develop the symptoms of COVID-19, you should:

- Call the Provincial Hotline at: 021 928 4102 or the National Hotline at 0800 029 999
- Email: [doh.dismed@westerncape.gov.za](mailto:doh.dismed@westerncape.gov.za)
- Make sure you wear a mask

# Resources

## Postcard for growing your CAN



Hi, my name is \_\_\_\_\_

I am your neighbour in \_\_\_\_\_ street, and a member of the \_\_\_\_\_  
Community Action Network (CAN).

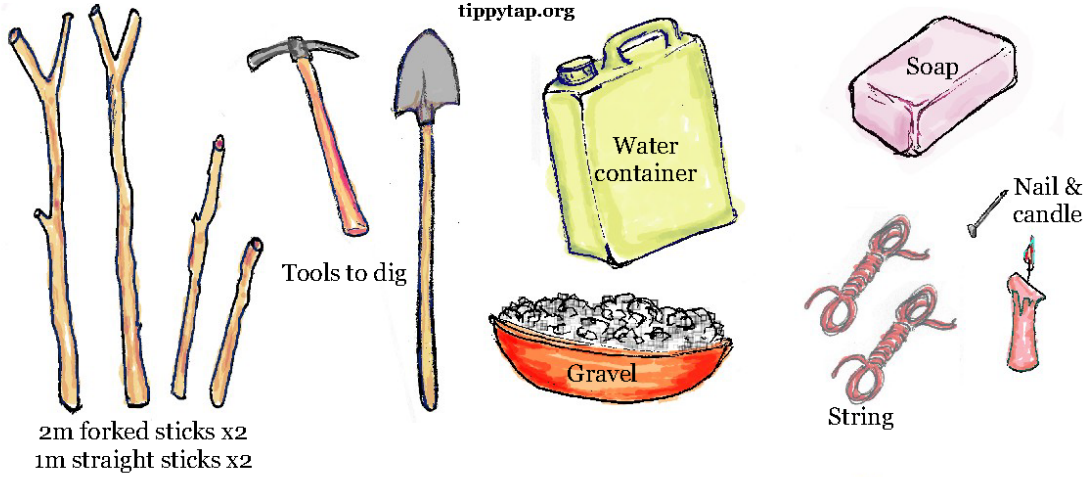
The Cape Town Together Community Action Network is a rapid community-based response to the COVID-19 pandemic. People from all over the city are coming together to self-organise, support each other, and develop ways to share resources safely. COVID-19 calls for physical distancing but social solidarity. If you are excited to get involved, or want to know more, then get in touch with me at \_\_\_\_\_.

Otherwise, feel free to call \_\_\_\_\_ if you need any assistance during this time.

# How to make a TippyTap

(From Technology Lab Exchange - <https://www.techxlab.org/solutions/tippytap-org-tippy-tap>)

tippytap.org



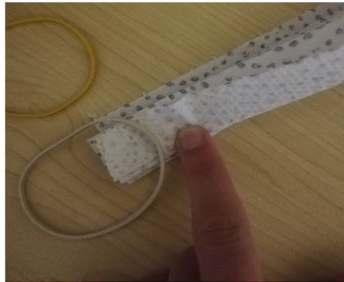
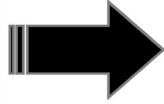
<p>1. Dig two holes 18in deep and about 2ft apart</p>	<p>2. Place the forked sticks, ensure they are level</p>	<p>3. Fill holes with soil &amp; rocks, and pack tightly</p>
<p>3. Heat the nail and make holes in the water container</p>	<p>4. Make a hole in the soap and thread string</p>	<p>5. Hang container &amp; soap and fill with water</p>
<p>6. Attach string to water container</p>	<p>7. And to foot lever stick</p>	<p>8. Use gravel as basin to capture water</p>



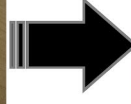
## How to make your own masks



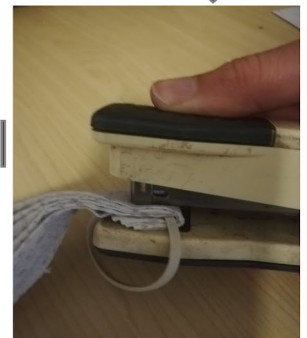
*Step 1: Fold the paper towel or tissue like a fan*



*Step 2: Place an elastic band at each end of the folded paper towel or tissue*



*Step 3: Fold the end of the paper towel over the elastic band*



*Step 4: Staple the elastic band in place*



*Step 5: Gently pull open the paper towel or tissue*



*Step 6: place the elastic bands around your ears*

## Official information and resources

*Social distancing guidelines (from SA National Department of Health)*

# SOCIAL DISTANCING GUIDELINES

Social distancing refers to limiting public gatherings as much as possible

AVOID	USE CAUTION	SAFE TO DO
<ul style="list-style-type: none"><li>Group gatherings</li><li>Sleep overs</li><li>Play-dates</li><li>Concerts</li><li>Theatre outings</li><li>Athletic events</li><li>Crowded Retail Malls</li><li>Workouts and Gyms</li><li>Non-essential workers in your house</li><li>Mass Transit System</li></ul>	<ul style="list-style-type: none"><li>Visit a local restaurant</li><li>Visit grocery store</li><li>Get take out</li><li>Pick up medication</li><li>Visit the library</li><li>Religious services</li><li>Travelling</li></ul>	<ul style="list-style-type: none"><li>Take a walk</li><li>Go for a hike</li><li>Gardening</li><li>Play in your garden</li><li>Clean out a closet</li><li>Read a good book</li><li>Listen to music</li><li>Cook a meal</li><li>Family game night</li><li>Go for a drive</li><li>Group video chats</li><li>Stream a favourite show</li><li>Check on a friend</li><li>Check on elderly neighbours</li></ul>





## *Self-quarantine guidelines (from SA National Department of Health)*

### Who should self-quarantine?

- Self-quarantine for COVID-19 is recommended for individuals who have been directly exposed to the virus or who have travelled to areas where there are large numbers of people infected in order to prevent further transmission.

### Self-quarantine steps

- Stay home. Only go out if you need medical care.
- Monitor your symptoms: Fever, cough, shortness of breath
- Get medical attention as soon as possible if you become ill.
- Make sure you know, and follow, the steps to seeking care:
  - Call your healthcare facility and tell them that you have, or are being evaluated for, COVID-19.
  - Put on a facemask before you enter the healthcare facility.
  - Ask your healthcare professional to inform the NICD.

### Self-quarantine practices

- Do not go to work, school, or public areas. Avoid using public transportation, or taxis.
- Separate yourself from other people and animals in your home. If you can, use a separate bathroom.
- Facemasks should be used to help prevent the spread of the disease to others. Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze.
- Clean your hands often. With soap and water for at least 20 seconds or with an alcohol-based hand sanitizer that contains 60-95% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables every day.

Let's stop the spread (from Western Cape Government Department of Health)

# LET'S STOP THE SPREAD

The **Coronavirus** is spreading, and while we must not panic, we do need to do everything we can stop it.

## Practice Social Distancing

This means increasing the distance between yourself and others.



### Why is it important?

- More distance between people means less contact and chances for the virus to spread.
- Fewer infections mean less stress on our health care system during this pandemic.
- It ensures better protection for high-risk citizens, such as the elderly, chronic health sufferers, and pregnant women.



### How to socially distance yourself:

- Don't touch public surfaces if you can help it.
- No handshakes, hugs or kisses.
- Stay away from crowds:
  - Stay home, if you can.
  - Must leave home? Keep 2 metres away from others.
  - Sick? Stay home!
  - Cancel your plans. No sleepovers, playdates, parties, sporting events, group sports or activities, meetings, conferences and dates.
  - Visit the grocery store when it's quiet and only if you have to.
  - Avoid public places like restaurants, bars, gyms, shopping malls, markets, cinemas, concerts, religious services.
  - If possible, don't use public transport.



### When to isolate yourself?

If you have consulted your GP or public health practitioner on having:

- Symptoms of COVID-19.
- Close contact with someone who may have or has COVID-19.
- Travelled to ANY international location.

### What more can you do?

- Please stay home if you are ill.
- Cough or sneeze into a tissue or the crook of your arm.
- Always throw away the tissue immediately in a closed bin.
- Wash your hands with soap for at least 20 seconds and at least every half an hour.
- Don't touch anybody outside of your immediate family.
- Don't touch your own face unless you have just washed your hands thoroughly.
- Clean/disinfect objects and surfaces you touch often.
- Show care for your community while practicing social distancing.



## STAY HOME IF YOU ARE ILL THIS IS IMPORTANT

- ☎ **National Hotline** : 0800 029 999
- ☎ **Provincial Hotline** : 021 928 4102
- ☎ **National WhatsApp** : 0600 123 456



Western Cape Government



FOR MORE INFORMATION: [www.westerncape.gov.za](http://www.westerncape.gov.za)

Four precautions to avoid being infected (from SA National Department of Health)

# 4 PRECAUTIONS TO FOLLOW TO AVOID BEING INFECTED

- 1 WASH YOUR HANDS**

Wash your hands with soap thoroughly. Wash the back of your hands, between the fingers and under the nails. Always wash your hands with soap before you eat and after being out in public.
- 2 GOOD PERSONAL HYGIENE**

Cover your mouth with a tissue paper when coughing or sneezing. Avoid touching your face with dirty hands at all times. If you have to, be sure to wash your hands with soap thoroughly first.
- 3 DO NOT SHARE FOOD AND UTENSILS**

Bacteria, viruses and infection can be transmitted onto knives, forks, spoons and straws. Only use clean utensils and do not share drinks. Always clean your hands before eating.
- 4 SEE A DOCTOR IF YOU ARE UNWELL**

Typical symptoms include cough, runny nose, fever and shortness of breath. If you are experiencing any of these symptoms, seek medical attention promptly. Call the clinic or doctor ahead of your visit and inform them of your symptoms and travel history.

**24HR NICD HOTLINE 0800 029 999**  
REMAIN VIGILANT AND ADOPT GOOD PERSONAL HYGIENE PRACTICES  
The situation is evolving, check updates on [www.health.gov.za](http://www.health.gov.za) and [www.nicd.ac.za](http://www.nicd.ac.za)

 **health**  
Department:  
Health  
REPUBLIC OF SOUTH AFRICA

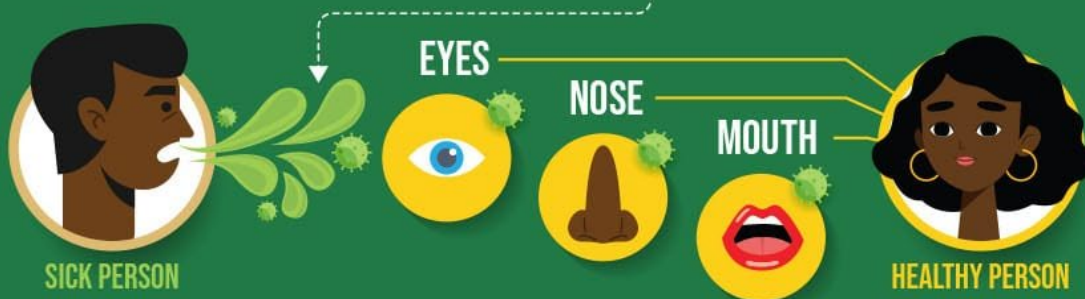


How COVID-19 coronavirus spreads (from SA National Department of Health)

# THERE'S ONLY ONE THING YOU NEED TO UNDERSTAND ABOUT HOW A COVID-19 CORONAVIRUS\* SPREADS

\*Coronaviruses are a large family of viruses which may cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

The virus spreads when these droplets get into your:



So if you see someone who is visibly coughing / sneezing / sick, you can choose to:

**1. Keep your distance.**



(0.5m to 2m will keep you safe from large droplets.)

**2. Avoid crowds**



(People who are infected can show no symptoms, but are still infectious.)

Sometimes a sick person's saliva can get on other things...



And if you touch any of these things by accident, and then touch your face, rub your eyes or your loved ones face, you might all fall sick.

Coronavirus: Let's stop the spread (Western Cape Government: Department of Health)

17 March 2020

# CORONAVIRUS

## Let's STOP the spread

- Coronavirus (or COVID-19) can cause fever, cough, sore throat, body aches.
- It is usually mild but sometimes it can become severe and cause difficulty breathing.
- If you are over 60 years or have a chronic condition then you are more at risk of severe disease.
- It is diagnosed using a throat swab test: you only need a test if you have symptoms.

### Protect yourself and your family from getting COVID-19:

Wash hands often with soap and water.



Don't touch your face with unwashed hands.

Avoid close contact with people who are sick or have travelled internationally.



### Protect yourself if you have a chronic condition like HIV, TB, diabetes, lung or heart problems:

- Keep your appointments and take your medication correctly every day.
- If you have stopped your medication, go to your healthcare facility to start it again.



### If you get symptoms of coronavirus:

You might have coronavirus, but do not panic. Most people with coronavirus have a mild illness.

#### Visit your doctor or clinic:

- Call ahead or alert the clinic as soon as you arrive.
- If difficulty breathing, seek health care urgently.



#### Isolate yourself:

Stay home for 14 days from start of symptoms. Don't go to work or school. Avoid public transport and public places.



### Prevent spread while isolating yourself:

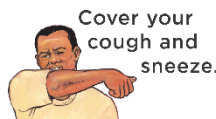
Wash hands often.



Clean surfaces (counters, door handles etc.) regularly - use 4 teaspoons household bleach in 1 litre water.



Don't share dishes, cups, eating utensils, towels, or bedding. Wash these well.



Cover your cough and sneeze.



Avoid close contact, even if you live in a crowded place. Do not hug, touch or kiss.



Open windows and doors.

If your symptoms get worse or you have difficulty breathing, urgently contact your doctor or clinic or phone the hotline:

National Hotline **0800 029 999**

Provincial hotline **021 928 4102**

It may be difficult to follow this advice - do the best you can.  
Be kind and support one another through this stressful time.

**Together we can beat coronavirus!**

For more information:  
[www.westerncape.gov.za/coronavirus](http://www.westerncape.gov.za/coronavirus)



# Coronavirus – COVID-19: General advice (Western Cape Government: Department of Health)

13 March 2020

## CORONAVIRUS – COVID-19 General advice

### What is COVID-19?

A respiratory illness similar to flu (cough, fever, fatigue & aching body/muscles). More commonly than flu, it can become severe causing viral pneumonia (difficulty breathing).

4 out of 5 people will have a mild illness and recover without treatment. The elderly and those with underlying health conditions have increased risk of severe illness. Cases in children are rare.

### How does it spread?

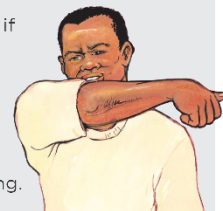
You can pick up coronavirus from:

- Touching an infected surface or object. The virus can enter your body when you touch your nose, mouth and eyes.
- Very close contact (1-2 metres) with a sick patient.



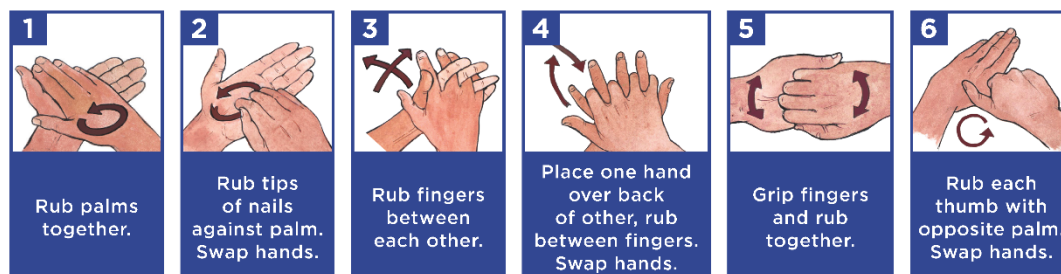
### Prevent spread to keep you and your family safe:

- Cover your mouth and nose with a tissue or your sleeve/elbow (not your hands) when coughing/sneezing. Discard used tissues immediately and wash your hands.
- Avoid close contact with those who are sick. Wearing a mask is unlikely to protect you if you are well. People who are coughing and sneezing who wear a mask are less likely to infect others.
- Avoid touching face, eyes, nose or mouth.
- Clean and disinfect frequently touched objects and surfaces (counters, bedside table, doorknobs, bathroom surfaces, phones).
- Wash hands often, especially before handling food/after using toilet or coughing/sneezing.



### Wash your hands well

- Use these steps to wash your hands for at least 20 seconds.
- Roll up your sleeves, rinse hands in clean water and apply soap to palm of hand:



- Rinse your hands with clean water and dry on paper towel or allow to dry on their own.

General Public Hotline **0800 029 999**

Operating 24 hours per day.

For more information:  
[www.westerncape.gov.za/coronavirus](http://www.westerncape.gov.za/coronavirus)



# WHEN TO USE A MASK

**For healthy people wear a mask only if you are taking care of a person with suspected 2019-nCoV infection**

**Wear a mask, if you are coughing or sneezing**

**Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water**

**If you wear a mask then you must know how to use it and dispose of it properly**



World Health  
Organization

