



Care in a time of CORONA

How does CORONA spread?



The virus enters our bodies through our mouths, noses and eyes. It can spread very easily. It takes just one infected person in a crowd, a church, or home group for the virus to spread.

- It can spread if somebody who is infected coughs or sneezes near you. If the droplets land in your mouth, nose or eyes you will get infected.
- We can also infect ourselves if we touch a surface that the CORONA droplets have landed on and then touch our face.
- We can also get infected if we touch an infected person and then touch our face.
- The virus can remain on some surfaces for up to 72 hours.

How to stop CORONA spreading



We can protect ourselves and others with good hygiene.

Good hygiene practices

- Cough or sneeze into a flexed elbow or tissue. Throw the tissue in a closed bin.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Wash hands with soap and water or sanitiser for at least 20 seconds.
- Clean surfaces and objects you touch a lot with hot water and soap often. Disinfect where possible.
- Think of your cell phone as a third hand. Wipe it down with a cloth. Put sanitiser on the cloth, or if you have none use soap and hot water.

Physical distancing



Physical distancing is very important because it helps stop the spread of the virus in two ways. It stops you getting it from someone who is sick and has CORONA. It also stops you giving CORONA to other people, because you may have the virus and not know it.

- Reduce physical contact with people wherever possible.
- Observe Government's strict guidelines on what to do during the lockdown.
- Try and keep a distance of at least 2 metres between you and other people.
- Avoid close contact with people who are sick.
- In some places physical distancing may be difficult. Then at least make sure you wash your hands VERY well and OFTEN and DON'T touch your face.

Why a lockdown?



On 26 March 2020 the South African government declared a 21-day nationwide lockdown.

- Government did this to slow the spread of the virus (flatten the curve).
- The more we stay at home, the less chance there is of the virus being passed from person to person and area to area.
- The lockdown is to stop a lot of people from getting sick at the same time. If this happens our health system and health facilities will not be able to treat all the sick people. Many more people will die.