

# CURRENT STATUS

# CORONAVIRUS DISEASE 2019

## As a WCG employee you must know:

The National Minister of Health, Zweli Mkhize, announced the first laboratory confirmed case of COVID-19, commonly referred to as Coronavirus, in the Western Cape. The patient is a 36-year-old male in the City of Cape Town with flu-like symptoms and a recent travel history to Europe. Our Outbreak Response team is following up all the known contacts of this patient.

### What to do

- Stay calm and follow the direction of the NCID with regards to testing, and if necessary, isolation.
- Stay at home if you feel unwell.
- If you have flu-like symptoms and have travelled internationally or have been in contact with someone who has travelled internationally, call the 24hr hotline 0800 029 999

### What not to do

- Spread fake news, especially via social media. The official channels provided are your best source of accurate information.
- **IMPORTANT:** As a public servant your comments on social media are not entirely your own. What you say can be misconstrued by readers as directive from WCG so be sure to ONLY post & share health information relating to COVID-19 from our official pages.

## Hygiene

- Wash hands with soap and water thoroughly
  - After coughing or sneezing
  - When caring for the sick
  - Before, during and after you prepare food
  - Before eating
  - After toilet use
  - After handling animals or animal waste
- Avoid close contact with people that are sick
- Avoid touching eyes, nose or mouth with unwashed hands
- Cover your cough or sneeze with a tissue, once used throw it in the bin



## Stress and anxiety management

- Keep to regular routines and schedules as much as possible
- Keep to official sources to avoid spreading panic:
  - The provincial landing page <https://westerncape.gov.za/coronavirus>**
  - Provincial Facebook page: [facebook.com/WCGHealth](https://www.facebook.com/WCGHealth)**
  - 24hr Hotline: 0800 029 999**
- With children: speak kindly, listen attentively to their concerns and reassure them, while encouraging regular hand washing

