

CORONAVIRUS

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GetSavvi HEALTH

What you need to know



WHAT IS IT?

Coronavirus (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases.

WHAT DOES THAT MEAN?

These viruses are **zoonotic**, meaning that they're transmitted between animals and people.

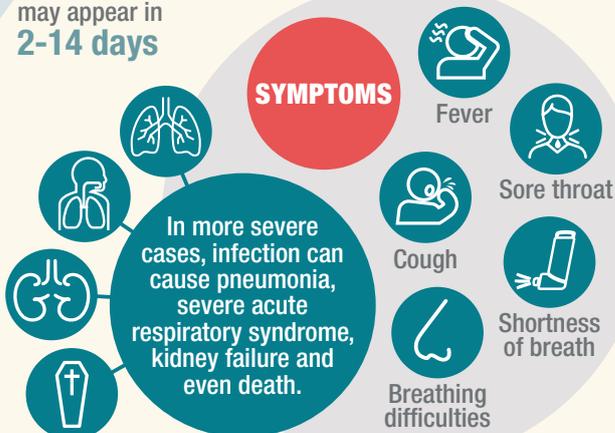
WHERE IS IT FROM?

Novel Coronavirus 2019 (that causes COVID-19) was first detected in **Wuhan, China**, and is the virus identified as the cause of an outbreak of respiratory illness.

SIGNS AND SYMPTOMS

After exposure, symptoms may appear in **2-14 days**

SYMPTOMS



WHAT TO DO IF YOU DEVELOP FLU-LIKE SYMPTOMS

1



Don't panic.

2

Please **self-quarantine**. This means that you must limit your contact with other people.

3

4

Call the National Coronavirus Hotline: **0800 029 999**, the Provincial hotline: **021-928-4102** or WhatsApp "Hi" to **0600 123 456**.



GetSavvi Health members, use your **24-hour Health Advisor** by calling 082 911 and ask to speak to a nurse.

5

If unwell, stay home, except to get **medical care** as directed by the government hotline or advice of a health practitioner. Don't go to work, school or public areas.



What to do if you've come into contact

If you show symptoms and have travelled to an infected area, **don't go to your GP** to avoid spreading it to others.

First contact a health professional and explain your symptoms and history.

DOS AND DON'TS



Here are a few things to keep in mind to curb the spread of the Coronavirus.

DO

- 1 Frequently wash your hands with soap and water for at least 20 seconds.
- 2 Contact a health advisor if you display any signs or symptoms.
- 3 Use hand sanitiser that contains at least 60% alcohol.
- 4 Regularly clean and disinfect your mobile phone and surfaces like your office desk.
- 5 Cover your nose and mouth with a tissue when coughing or sneezing.
- 6 Stay more than one arm's length away from a person who's sick.
- 7 Get adequate sleep, water and nutritious foods to keep your immune system in tip-top shape.
- 8 Get your annual flu vaccine as soon as possible.

DON'T

- 1 Panic. The chances of contracting the COVID-19 virus is very low.
- 2 Touch your face.
- 3 Leave used tissues lying around. Flush them away immediately.
- 4 Buy face masks if you're not in the healthcare industry. This could lead to a shortage of masks which is detrimental to healthcare professionals.
- 5 Go to work if you're sick because that's how illness spreads.
- 6 Hug, kiss or shake hands while greeting.
- 7 Travel to affected countries if it's not necessary.



Where can I get more information about the Coronavirus (COVID-19)?

If you're concerned, call the National Institute for Communicable Diseases (NICD) general public hotline, Monday to Friday, 8am to 4pm.

0800 029 999

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