

# What is Coronavirus (COVID-19)?



Coronavirus is a disease that started in China.

It is also called COVID-19.



The Coronavirus has spread from China to countries all around the world.

Many people in South Africa have gotten the Coronavirus over the past few weeks.

## People who get Coronavirus usually have:



1. A fever.

A fever means your body is too hot inside.



2. A Cough.



3. Difficulty breathing normally.

For example, feeling like you cannot breathe in properly.



4. Feel more tired than usual.



5. A sore body.

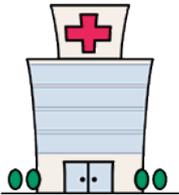
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If you feel any of these things in your body  
or you have been close to someone who has the Coronavirus,  
it is very important that you call this number:

[021 928 4102](tel:0219284102)

The person on the phone will help you know what to do.



If you cannot call the number above  
go to your nearest clinic to get help.



Go to the clinic quickly if you are having difficulty breathing.  
Make sure you are wearing a face mask if you go to the clinic.



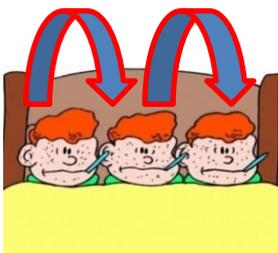
Do not panic.

Remember that if you feel like you have the flu  
you still might not have the Coronavirus.

It can also be normal flu.

Remember that most people do not get very sick  
from the Coronavirus.

But it is important to know if you have it  
so you can stop it spreading to others.



# What is Coronavirus (COVID-19)?



**Follow these rules below so you do not get or spread the Coronavirus.**



1. Stay at home.



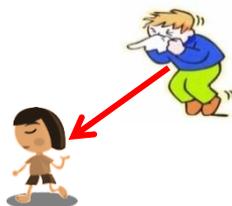
2. Wash your hands **often** with soap and water.  
Count to 20 **slowly** while washing your hands to be sure they are clean enough.



3. Only touch your face **after** you have washed your hands.



4. Cough and sneeze into a tissue.  
Throw it away and then **wash your hands**.  
You can also cough or sneeze into your elbow.



5. Try keep away from people who are sick.  
Also keep away from other people if you are sick.



6. Clean the objects and surfaces you touch a lot with cleaning chemicals **that kill germs**. Clean things like table tops, taps and door handles a few times a day.

**This document was proof read by:**

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