

Understanding COVID-19

The Symptoms



Coughing



Sore throat/
shortness of breath



Fever ($\geq 38^{\circ}\text{C}$) and chills –
temperature more than 38 degrees

Monitor your symptoms and situations

In the two weeks (14 days) before you became ill, have you:



Travelled in an area with
a known COVID-19 outbreak?



Worked closely with
a COVID-19 case?



Been in the same household
as a COVID-19 case?



Treated in a facility that
cares for COVID-19 cases?



Are you a health care worker
caring for a COVID-19 case?

Focus on Preventions



Cover your nose or mouth when
sneezing or coughing



Clean and disinfect
surfaces



Wash your hands for 20 seconds,
if soap and water are not available
then use an alcohol based sanitizer



Avoid touching your face
with unwashed hands



Avoid crowded areas and avoid
those who are unwell



Avoid using public
transport if you are
symptomatic

What to do if you suspect you have COVID-19?

Should you suspect that you have COVID-19, please contact our COVID-19 Medical Line for medical-related advice on prevention, diagnosis and treatment. Call 0861 493 587 and select option two (2) for member and then select option six (6).

COVID-19

Coronavirus

☎ 0861 493 587 or *134*928#

✉ service@kaelo.co.za

🌐 www.kaelo.co.za

Standard call rates apply