Update on Coronavirus

7 February 2020

The 2019 novel coronavirus (2019-nCoV) has caused an outbreak of fatal respiratory illness first detected in Wuhan, China.

So far, no cases have been reported in South Africa. However, in order to protect yourself and your loved ones we have included important information about the virus and how to avoid contracting it.

The Coronavirus is a group of viruses that can cause a range of symptoms, ranging from a runny nose to life threatening pneumonia.

Coronavirus
Blood Sample

Here are preventative actions that can help curb the spread of viruses, including the Coronavirus:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available. This is the simplest and most effective way to protect yourself from infection.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cough or sneeze into the crook of your arm, or into a tissue, then throw the tissue in a rubbish bin.
- Clean and disinfect frequently touched objects and surfaces.
- If you are in an office environment, these steps are even more important.

If you suspect that you or any of your family members may have contracted the virus you should immediately consult your healthcare practitioner for assistance.

The South African National Department of Health continues to closely monitor the rapidly evolving developments surrounding the Coronavirus outbreak.

Visit the website of the National Institute for Communicable Diseases at **http://www.nicd.ac.za/** for up-to-date alerts of the Coronavirus outbreak.

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