

COVID-19

What is social stigma?

In an outbreak people may be labelled, stereotyped, discriminated against, treated separately or have a loss of status because they are seen to be linked to the disease.

What is the impact of social stigma during an outbreak?

Stigma may contribute to a situation where the virus is more likely to spread. This can cause more severe health problems.

Stigma can:

- drive people to hide their illness to avoid discrimination
- prevent people from seeking healthcare immediately
- discourage people from adopting healthy behaviours

COVID-19 Hotline: 0800 029 999

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Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

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health

Department:
Health
REPUBLIC OF SOUTH AFRICA



NATIONAL INSTITUTE FOR
COMMUNICABLE DISEASES

Division of the National Health Laboratory Service



WHEN TO USE A MASK

For healthy people wear a mask **only if you are taking care of a person with suspected coronavirus infection**

Wear a mask, **if you are coughing or sneezing**

Masks are effective only when used **in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water**

If you wear a mask then you **must know how to use it and dispose of it properly**



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PRIVACY

Just like with any other disease, people who are ill with the COVID-19 Coronavirus have a right to **PRIVACY**.

This right is protected by the Constitution of South Africa and the National Health Act.

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Help prevent the spread of respiratory diseases like COVID-19



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Need to wash your hands, but there is no soap and water?



Use an alcohol-based hand sanitiser with at least 60% alcohol

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Clean and disinfect frequently touched objects and surfaces using regular household detergents. Read the instructions on the detergent label.

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