

# CORONAVIRUS – COVID-19

## Information for travellers

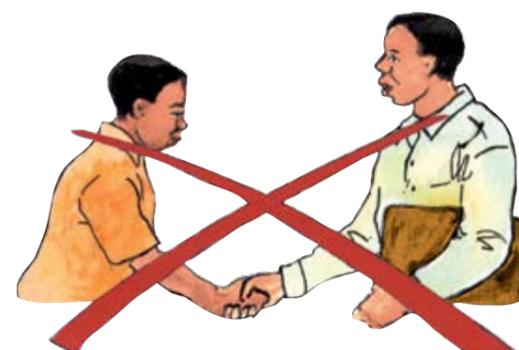
### What is COVID-19 situation in South Africa?

- COVID-19 is a respiratory illness similar to flu (cough, fever, fatigue & aching body/muscles). More commonly than flu, it can become severe causing viral pneumonia (difficulty breathing).
- 4 out of 5 people will have a mild illness and recover without treatment. The elderly and those with underlying health conditions have increased risk of severe illness. Cases in children are rare.
- As of 16 March 2020, most confirmed cases of COVID-19 in South Africa have followed international travel.

### How does it spread?

You can pick up coronavirus from:

- Touching an infected surface or object. The virus can enter your body when you touch your nose, mouth and eyes.
- Very close contact (1-2 metres) with a person infected with COVID-19.



#### Returning SA residents

The Western Cape Government requires that all returning residents arriving from ANY international location must isolate themselves for 14 days.

#### Visitors

The Western Cape Government requires that all visitors arriving from ANY international location must isolate themselves for 14 days.

### What does this mean for me as a traveller?

- Postpone or cancel international travel.
- Avoid all non-essential domestic travel.
- If you had symptoms when you started travelling or developed symptoms whilst travelling, notify airline or ground staff immediately.
- If you are returning home to South Africa, you must isolate yourself at home for 14 days.
- If you are visiting South Africa:
  - Restrict your isolation to one location.
  - Communicate with your tour-operator to extend your stay in order to self-isolate for 14 days.
  - Avoid hotels and use self-catering or bed-and-breakfast accommodation instead.

The Western Cape Government Health provides testing for COVID-19 as prescribed and in line with the NICD's guidelines. Tests for COVID-19 will only be performed if a person matches the case definition i.e: flu-like symptoms WITH recent international travel history to a country where person-to-person transmission occurred OR came into contact with a confirmed case.

Should persons meet the case criteria they are advised to call their health facility or general practitioner first and alert them before going to the facility.

National General Public Hotline +27 800 029 999 | Provincial Hotline +27 21 928 4102

National WhatsApp +27 600 123 456

Operating 24 hours per day.

For more information:  
[www.westerncape.gov.za/coronavirus](http://www.westerncape.gov.za/coronavirus)



# How do I isolate myself if I have travelled internationally?

## Stay home except to get medical care.

Do not go to work, school, church or any other public areas. Avoid using public transport or taxis. Ask others to run errands.



## Avoid contact with other people

and pets as much as possible. Do not receive visitors. If living with others, stay in a specific room and use a separate bathroom if possible. Open windows and doors. If in same room as others, keep at least 1-2 metres apart.



**Clean and disinfect** frequently touched objects and surfaces (phones, counters, bedside table, doorknobs, bathroom surfaces).



**Cover your mouth and nose** with a tissue or your sleeve/elbow (not your hands) when coughing/sneezing. Immediately discard used tissues and wash your hands.



**Wash hands often**, especially before handling food/after using toilet or coughing/sneezing. Avoid touching face, eyes, nose or mouth.

**Avoid sharing** dishes, drinking glasses, cups, eating utensils, towels, or bedding - after using these, wash them well.



If you have or develop symptoms of COVID-19, **wear a face mask** when in contact with others.



## What should I do if I develop symptoms or my symptoms worsen while I isolate myself?

- Do not panic.
- Symptoms include fever, cough, difficulty breathing, fatigue and body/muscle aches.
- If you develop symptoms or your symptoms worsen, contact your health care provider or phone a hotline number (see overleaf) and follow their advice.
- Rest, ensure you drink plenty of fluids and use medications (like paracetamol) as needed to reduce fever and/or pain.

**If you are feeling short of breath or have difficulty breathing, seek health care urgently.**

Call ahead to your doctor or alert health facility as soon as you arrive:  
tell them about your symptoms and any recent travel/contacts.

**Expect to put on a face mask before you enter the facility.**

## When can I stop isolating myself?

- Self-isolate for 14 days.
- Only stop in consultation with a hotline or healthcare provider.

**For more detailed information on how to isolate visit this site from the UK Government (NOTE: In the Western Cape you are required to isolate for 14 days and not 7 days)**  
[www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection](http://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection)



For more information:  
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