

WHAT YOU NEED TO KNOW ABOUT COVID-19

2 METRES

Safe distance to be from an infected person.

5 - 14 DAYS

Incubation period for the virus.

24 - 48 HOURS

The period which the virus can survive on any surface.

72 HOURS

The turnaround time for test results.



DROPLETS

from coughs and sneezes land on surfaces and spread the virus.



MASKS ARE VITAL

for those infected to prevent spreading the virus.



GLOVES

only protect you from the virus when used correctly. Carrying a 60% alcohol-based sanitiser and washing your hands regularly helps protect you from infected surfaces better.

PREVENTION

1 Disinfect surfaces to kill the virus and protect yourself and others.

2 Clean your hands with a 60% alcohol-based sanitiser or wash them with soap and water for 20 seconds.

3 Avoid touching your eyes, mouth and nose.

4 Please stay at home in order to keep safe and combat the virus. Only go to places that are vital and essential. If you are at home, you are less exposed.



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

TOLL-FREE NUMBER 0800 029 999



NATIONAL INSTITUTE FOR
COMMUNICABLE DISEASES

Division of the National Health Laboratory Service