

Know the facts: COVID-19

Reduce the risk of COVID-19 infection



Wash your hands regularly with soap and water.



Use hand sanitiser with a minimum alcohol content of 70%.



Avoid touching your eyes, nose and mouth with unwashed hands.



Cover your cough or sneeze with a tissue.



Disinfect frequently touched objects and surfaces.



Stay home when sick.

What are the symptoms of COVID-19?

Fever

Cough

Shortness of breath

If you think that you may be infected, do not go to the doctor, clinic or hospital unannounced as this may lead to unintended exposure of other people. Call ahead for assistance.

Campus Health Services:

- Stellenbosch Campus:
021 808 3496/3494
- Tygerberg Campus:
021 938 9590
- After-hours emergency number:
076 431 0305

Public Hotline: 0800 029 999



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Wat jy moet weet oor COVID-19

Verminder jou risiko om met COVID-19 besmet te word



Was jou hande gereeld met seep en water.



Gebruik handreiniger met 'n minimum alkoholinhoud van 70%.



Moenie met ongewaste hande aan jou oë, neus en mond vat nie.



Hou 'n sneesdoekie voor jou gesig wanneer jy hoës of nies.



Ontsmet voorwerpe en oppervlaktes waaraan jy gereeld vat.



Bly tuis wanneer jy siek is.

Wat is die simptome van COVID-19?

Koors

Hoes

Kortasem

Indien jy vermoed dat jy dalk besmet is, moenie sonder enige vooraf kennisgewing dokter, kliniek of hospitaal toe gaan nie. Dit kan ander mense aan die virus blootstel. Skakel eers om hulle in kennis te stel.

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