

Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumours and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout our communities, confusing citizens and leaving them unsure where to ask their questions.

The South Africa Coronavirus CivicActs Campaign (CCC) captures rumours and perceptions among communities to eliminate information gaps and debunk rumours before they can do more harm.


DON'T PANIC!

Follow these steps to help prevent the spread of coronavirus.

- Wash your hands frequently with soap for a minimum of 20 seconds. Use hand sanitizer (with at least 60% alcohol) if soap and water are not available.
- Cover your nose and mouth (with your elbow or a tissue) when sneezing.
- Avoid crowded places and practice social distancing. If you think you have been exposed to someone with coronavirus, quarantine yourself for a minimum of 14 days and monitor any symptoms.
- Do not stockpile supplies.
- Do you have any questions about coronavirus? Have you heard any myths? Reach out to us via WhatsApp so we can address your concerns: +27 63 311 8397




Rumours → Facts




Can my child get the virus from breastfeeding?

A mother with confirmed COVID-19 or who is symptomatic should take all possible precautions including washing her hands before touching the infant and wearing a face mask while feeding. If a mother is too ill, she should consider expressing milk and giving it to the child via a clean cup and/or spoon – while following the same infection prevention methods.



Can I get the virus by having sex?

During sex, the main risk probably comes from droplet spread through being in close contact, and through kissing and touching each other's faces.



Am I more susceptible because I'm on ARVs?

Yes people with pre-existing medical conditions such as HIV/AIDS, diabetes, asthma, and high blood pressure are considered more vulnerable should they contract the virus. Practice good hygiene and adhere to your treatment.



Do you have any questions about coronavirus? Have you heard any rumours? Send us your questions via the form below:

<https://forms.gle/Xj7RghPNyiRdcGvr9>

SOURCES: [Centre for Disease control](#), [Unicef](#), [World Health Organization](#)

What if I think I have coronavirus?

Do you have any of the following symptoms?

Fever

Tiredness

Dry cough

Shortness of breath?

**If so, contact your doctor or the Coronavirus Helpline
on this toll free number 0800 029 999**



Designated hospitals for managing the COVID-19 cases

Gauteng

Charlotte Maxeke Hospital, Parktown

Steve Biko Hospital, Pretoria

Tembisa Hospital, Tembisa

KwaZulu-Natal

Greys Hospital, Pietermaritzburg

Limpopo

Polokwane Hospital, Polokwane

Mpumalanga

Rob Ferreira Hospital, Nelspruit

Northern Cape

Kimberley Hospital, Kimberley

North West

Klerksdorp Hospital, Klerksdorp

Eastern Cape

Livingstone Hospital, Port Elizabeth

Free State

Pelonomi Hospital, Bloemfontein

Western

Cape

Tygerberg Hospital, Cape Town

Social Distancing 101

Social distancing measures are steps you can take to reduce social interaction between people. This will help radically to reduce the transmission of the coronavirus.

Guidelines

- Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
- Avoid non-essential use of public transport when possible
- Work from home, where possible.
- Avoid large and small gatherings in public spaces, noting that pubs, restaurants, leisure centres and similar venues are currently operating on limited hours as infections spread easily in closed spaces where people gather together.
- Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
- Use telephone or online services to contact your GP or other essential services
- We strongly advise you to follow the above measures as much as you can and to significantly limit your face-to-face interaction with friends and family if possible, particularly if you are over 70, have an underlying health condition, or are pregnant.