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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.**

Follow these steps to help prevent the spread of coronavirus:

- Stay at home unless you provide an essential service.
- Keep washing 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 physical 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 shops and pharmacies will be open during the lock-down.



# Rumours → Facts

Can coronavirus be cured by alcohol intake?



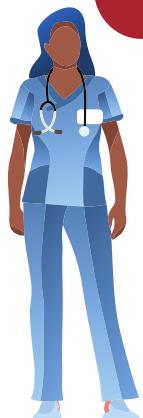
No, drinking alcohol does not protect you from coronavirus infection. Alcohol should always be consumed in moderation and people who do not drink alcohol should not start drinking in an attempt to prevent the infection.

Can I claim UIF benefits if my company is locked down?

Yes, if your employer closed for a short period as a pre – cautionary measure, in the short-term you can claim UIF. If you lose part of your income due to reduced working time you are also entitled to benefits.

Covid-19 was declared a national state of disaster ? What does a "national state of disaster mean"?

This means the President under the Disaster Management Act establishes a committee to coordinate a response to the disaster. The act allows the issuing of regulations that not only mitigate the effect of the disaster and provide relief to affected persons but also for the restrictions of the movement of people and goods, the provision, use or control of emergency accommodation and sale of alcohol.



**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



## WHAT TO DO IF I HAVE THE SYMPTOMS

- Call the Hotline number 0800 029 99 or your doctor
- If you have a doctor's appointment call and alert them that you suspect you have Coronavirus
- Stay at home. Do not leave, except to get medical care. Do not visit public areas.
- Stay in touch with your doctor. Call before you get medical care.
- Be sure to get care if you feel worse or you think it is an emergency.
- Avoid public transportation.
- Avoid using public transportation, ride-sharing, or taxis.
- Separate yourself from other people in your home as far as possible.
- Stay away from others as much as possible.

# Designated Hospitals

## 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

# Additional Resources



<https://sacoronavirus.co.za/>

For local language versions see Provincial Health Department websites

Government WhatsApp Support Line: 0600-123456

Hints on what to do if you live in an informal settlement, from the International Budget Partnership South Africa:

<https://www.internationalbudget.org/budget-work-by-country/ibps-work-in-countries/south-africa/>