FACTS WITH REGARDS TO COVID-19 (coronavirus)

PLATINUM HEALTH

WHAT CAN I DO TO PROTECT MYSELF?

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
WHY? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
WHY? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth.
WHY? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
WHY? Droplets spread the virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

If you have a fever, cough and difficulty breathing, seek medical attention and preferably call the medical facility in advance. Follow the directions of your health practitioner (GP or Primary Healthcare Nurse).
WHY? National and local authorities as well as your Platinum Health GP or Primary Healthcare Nurse will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

If possible, avoid traveling to places where COVID-19 has been diagnosed – especially if you are an older person or have HIV, diabetes, heart or lung disease.
WHY? You have a greater chance of getting infected with COVID-19 in one of these areas.