

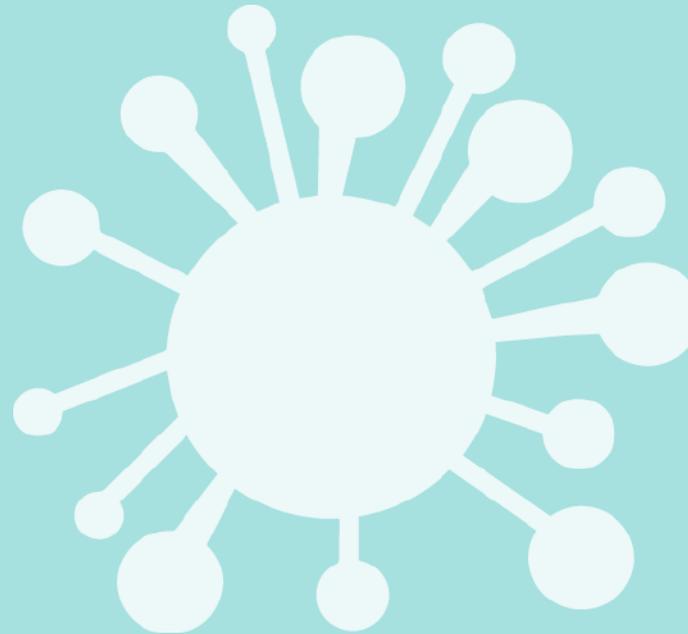
What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea. These symptoms are usually mild and begin gradually.



How does COVID-19 spread?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than one meter away from a person who is sick.



What can I do to prevent the spread of COVID-19?

- Regularly and thoroughly wash your hands with soap and water or clean your hands with an alcohol-based hand sanitiser.
- Maintain at least one meter distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth.
- 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.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health facility.
- Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider and the Department of Health on how to protect yourself and others from COVID-19.

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Are people with chronic lung disease at higher risk for severe illness?

Yes. Chronic lung diseases, such as chronic obstructive pulmonary disease (COPD) (including emphysema and chronic bronchitis), idiopathic pulmonary fibrosis and cystic fibrosis, may put people at higher risk for severe illness from COVID-19. Based on data from other viral respiratory infections, COVID-19 might cause flare-ups of chronic lung diseases leading to severe illness.

What actions can I take to protect myself?

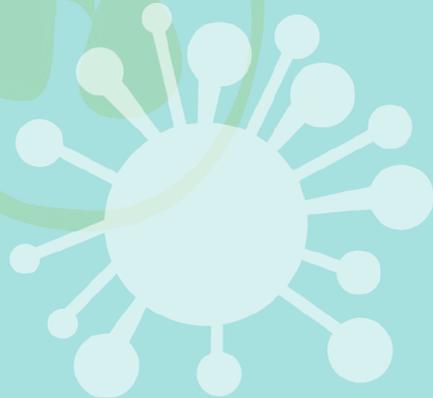
- Keep taking your current medications, including those with steroids in them.
- Avoid triggers that make your symptoms worse.

COVID-19

COVID-19 INFORMATION FOR PEOPLE WITH CHRONIC LUNG DISEASE

What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus.



REPUBLIC OF SOUTH AFRICA

