

SASOL

What is Coronavirus (COVID-19)?

Coronaviruses are a large family of viruses found in both animals and humans. Some infect people and are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

A novel coronavirus (COVID-19) is a new strain of coronavirus that has not been previously identified in humans. The new, or “novel” coronavirus, now called COVID-19, had not previously detected before the outbreak was reported in Wuhan, China in December 2019.

How Does the Virus Spread?

The new coronavirus is a respiratory virus which spreads primarily through contact with an infected person through respiratory droplets generated when a person, for example, coughs or sneezes, or through droplets of saliva or discharge from the nose.



What Are the Symptoms of the Virus?



Coughing



Fever



Shortness of breath



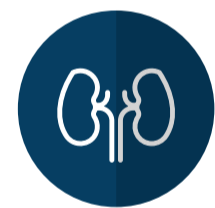
Pneumonia



Vomiting and diarrhea



Severe pneumonia



Kidney failure

In advanced cases, the patient can have serious complications that can result in death, such as:

In any case, if you have fever, cough and difficulty breathing seek medical care early to reduce the risk of developing a more severe infection.

How Dangerous Is It?

As with other respiratory illnesses, infection with COVID-19 can cause mild symptoms including a runny nose, sore throat, cough, and fever. It can be more severe for some persons and can lead to pneumonia or breathing difficulties. More rarely, the disease can be fatal. Older people, and people with pre-existing medical conditions (such as, diabetes and heart disease) appear to be more vulnerable to becoming severely ill with the virus.

How Long Is the Incubation Period?

The incubation period is the time between infection and the onset of clinical symptoms of disease. Current estimates of the incubation period range from 1-12.5 days with median estimates of 5-6 days. These estimates will be refined as more data become available. Based on information from other coronavirus diseases, such as MERS and SARS, the incubation period of COVID-19 could be up to 14 days. WHO recommends that the follow-up of contacts of confirmed cases is 14 days.

How Long Does the Virus Survive on Surfaces?

It is still not known how long the COVID-19 virus survives on surfaces, although preliminary information suggests the virus may survive a few hours or more. Simple disinfectants can kill the virus making it no longer possible to infect people.



SASOL

How to Protect Yourself ?



Wash Your Hands Frequently

Wash your hands frequently with soap and water or use an alcohol-based hand rub if your hands are not visibly dirty.

Why? Washing your hands with soap and water or using alcohol-based hand rub eliminates the virus if it is on your hands.



Maintain Social Distancing

Maintain at least 1 metre (3 feet) distance between yourself and other people, particularly those who are coughing, sneezing and have a fever.

Why? When someone who is infected with a respiratory disease, like COVID-19, coughs or sneezes they project small droplets containing the virus. If you are too close, you can breathe in the virus.



Practice Respiratory Hygiene

When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – discard tissue immediately into a closed bin and clean your hands with alcohol-based hand rub or soap and water.

Why? Covering your mouth and nose when coughing and sneezing prevent the spread of germs and viruses. If you sneeze or cough into your hands, you may contaminate objects or people that you touch.



Avoid Touching Eyes, Nose and Mouth

Why? Hands touch many surfaces which can be contaminated with the virus. If you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus from the surface to yourself.

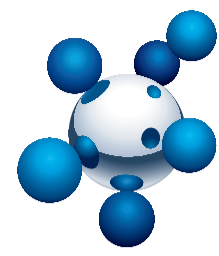


When to Use a Mask?

- If you are healthy, you only need to wear a mask if you are taking care of a person with suspected COVID-19 infection.
- Wear a mask if you are coughing or sneezing.
- Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- If you wear a mask, then you must know how to use it and dispose of it properly.

How to Put On, Use, Take off and Dispose of a Mask?

- Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
- Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
- Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.
- To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.



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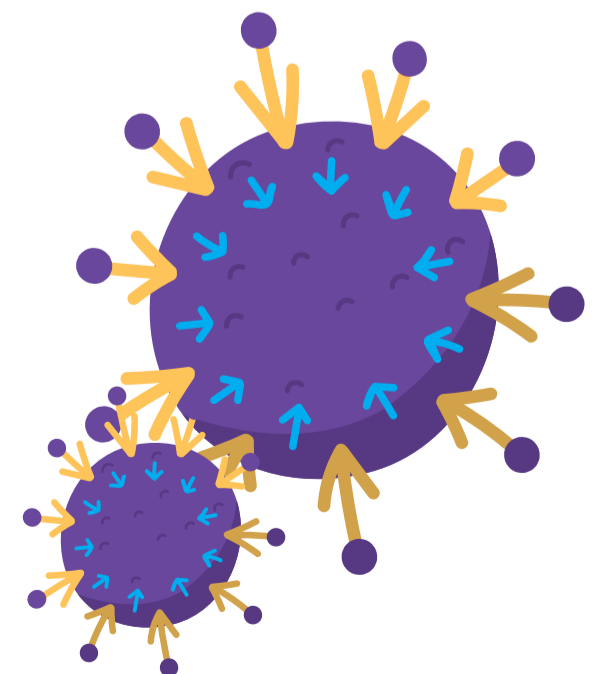
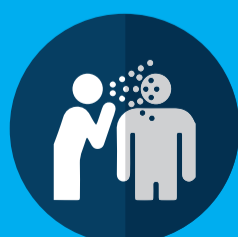
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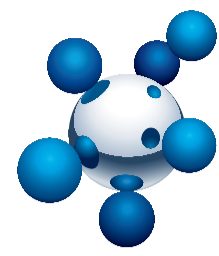
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