

## HIV AND COVID-19

### WHY IS IT IMPORTANT TO BE TESTED FOR HIV NOW WITH COVID-19?

- People with poor/low immune systems due to HIV are at high risk of getting the coronavirus
- Poor immunity can be caused by chronic conditions like respiratory diseases, Hypertension, Diabetes and Cancer among others
- If you have any of these conditions, **get tested for HIV today and start treatment immediately**



### WHAT ARE THE BENEFITS OF ARVS WITH COVID-19?

- Taking **1 pill a day** (ARVs) without defaulting will **reduce the virus** by preventing HIV from multiplying
- The more HIV in the body, the more it weakens the body's immunity
- When the HIV is reduced, the body gets a chance to make more cells that help to improve your body's ability to fight infections like COVID-19

## PICKING UP MY ARVS

- If you meet specific requirements, you won't always need to get your ARVs at the clinic
- You can pick them up in the community at a place that is more convenient for you!
- Ask your clinic about this great benefit that also helps to limit your contact with someone who may be infected with COVID-19
- Please call the AIDS Helpline if you need assistance

## TB AND COVID-19

### WHAT IS THE LINK BETWEEN TB AND COVID-19?

- People with TB may have weak immune system and may be at risk of getting infected with COVID-19
- If you have TB disease you are also at risk of suffering more severe symptoms from COVID-19. The risk is even higher if you are HIV positive or diabetic

### CAN I GET COVID-19 WHILST ON TB TREATMENT?

- Yes, you can get infected with the COVID-19 whilst on TB treatment
- You must always practice good hygiene measures to protect yourself
- You may develop new symptoms, or your symptoms may get worse. If this happens report this to your health care provider



### WHAT ARE THE BENEFITS OF COMPLETING TB TREATMENT?

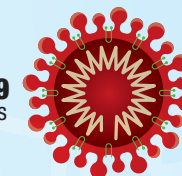
- Taking TB medicines and completing treatment will cure the TB disease. The body's ability to fight infections like COVID-19 will improve. **This will reduce the risk of getting infected**

# COVID-19

KNOWLEDGE IS POWER



COVID-19 coronavirus



## WHAT IS A CORONA VIRUS OR COVID-19?

- Coronaviruses are a large family of viruses which may cause illness in animals or humans
- In humans, several coronaviruses are known to cause respiratory infections (lungs, nose, sinus) ranging from the common cold to more severe diseases
- Coronavirus causes coronavirus disease or COVID-19



CALL THE COVID-19 HOTLINE:  
**0800 029 999**

SEND "HI" ON WHATSAPP TO COVID-19 CONNECT:  
**060 012 3456**

AIDS HELPLINE - **080 001 2322**

VISIT THE WEBSITE

[WWW.SACORONAVIRUS.CO.ZA](http://WWW.SACORONAVIRUS.CO.ZA)

**80%** RECOVER  
without needing  
special treatment



## HOW IS COVID-19 SPREAD?

- People can catch COVID-19 from others who have the virus
- When a sick person **coughs, sneeze, talk or exhales** they excrete small **droplets**. The virus spread when these droplets gets into **your mouth, nose or eyes**
- Droplets also land on **objects and surfaces** and someone else can catch COVID-19 by **touching** those **same** objects or **surfaces** then touching their own eyes, nose or mouth
- The sick person's saliva, do not share eating utensils

## WILL EVERYONE WHO GETS THE VIRUS DEVELOP SERIOUS ILLNESS?



- No
- The virus can be caught by anyone but people with a weakened immune system, the elderly and children have a greater chance of the virus causing more serious respiratory illness
- Some become infected but **do not develop any symptoms** and do not feel unwell
- **Most people** (about 80 per cent) **recover** from the disease **without needing special treatment**
- Around **one out of every six people** who gets COVID-19 becomes **seriously ill** and develops difficulty in breathing

## SYMPTOMS OF COVID-19

- **Most people** who become infected will experience **mild illness** and recover, but it can be more severe for others
- The most **common symptoms** are:

- **FEVER**
- **DRY COUGH**
- **TIREDNESS, AND**
- **SHORTNESS OF BREATH**

- Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea



## WHAT SHOULD I DO WHEN I SUSPECT I MAY BE INFECTED?

- You must **self-isolate**. This means staying at home when you feel unwell and keep distance from others at home. You can also self-isolate by avoiding contact with others in the community
- If you feel you may have been exposed to the virus and you may be infected, it is advisable to stay at home and self-isolate (avoid contact with others at home) for 14 days
- When you have fever, runny nose, cough and difficulty in breathing, **seek medical attention promptly**
- When you cough or sneeze, cover your mouth and nose with your bent elbow or tissue and throw the tissues in the bin or toilet
- Use of masks when you **have symptoms** of COVID-19



## WHO IS MOST AT RISK OF COVID-19?

- Older persons/adults
- People with underlying health conditions (diabetes, hypertension, TB, HIV/AIDS) or compromised immune system
- The risk also depends on where you, whether there is COVID-19 outbreak unfolding



## HOW TO AVOID BEING INFECTED?

**THERE ARE CURRENTLY NO VACCINES AVAILABLE, HOWEVER, YOU CAN PREVENT INFECTION BY:**

- Washing your hands often for 20 seconds with soap and water; Wash the front, the back, between your fingers and under your nails. Always wash your hands before eating
- Use an alcohol-based hand sanitiser with at least 60% alcohol if no soap and water is available
- Avoiding touching your eyes, nose or mouth
- Avoiding close contact with people who are sick by keeping at least 1-meter distance between you
- Avoid sharing food and utensils as the bacteria can be transmitted onto knives, forks, spoons and straws
- If you think a surface of an object may be infected, clean it with simple disinfectant to kill the virus. The virus survives on surfaces for a few hours or perhaps up to several days
- Use a mask when caring for individuals who have symptoms of COVID-19

**14**  
**DAYS**  
**SELF-ISOLATE**



## WHAT IS THE INCUBATION PERIOD FOR COVID-19?

**2-14 DAYS**  
**INCUBATION**

- This is the time between catching the virus and beginning to have symptoms of the disease
- This ranges from 2-14 days, most people will start having symptoms around day 5

**80%**  
**RECOVER**  
without needing  
special treatment



## YES OR NO ABOUT COVID-19

	YES	NO
Can spraying alcohol all over my body kill the virus?		X
Are antibiotics effective in preventing and treating the virus?		X
Can taking a hot bath prevent me from getting the virus?		X
Does cold weather kill the virus?		X
Can eating garlic prevent me from getting the virus?		X
Are hand dryers effective in killing the virus?		X
Can the virus be transmitted in hot and humid weather?	X	
Can COVID-19 be spread by mosquitos?		X
Can rinsing your nose with saline prevent you from getting COVID-19		X
Can a flu-vaccine protect me against COVID-19		X

## HOW TO SEEK MEDICAL ATTENTION FOR COVID19

- Call the clinic or your doctor ahead of your visit and inform them of your symptoms, travel history or possible contact with a COVID-19 positive person
- When going to the clinic, cover your mouth and nose with a scarf, towel or mask and inform a healthcare worker immediately on arrival about your symptom
- If you have tested positive or your status is unsure, you may be asked to go to a facility where you will not be allowed physical contact with any uninfected person for at least 14 days