

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS

WHAT IS COVID-19?

Coronavirus (COVID-19) results in respiratory infection.

FEAR

South Africa is at the beginning stages of COVID-19. We need to be prepared and know what to do when the outbreak reaches epidemic proportions. Widespread fear is our biggest enemy at this stage. You need to stay calm and make sure you do everything in your power to protect your loved ones. We can and will get through this. May God bless us.



IF YOU DEVELOP SYMPTOMS, SEEK MEDICAL CARE.

Inform your healthcare provider prior to the visit about your travel history and any potential exposure.

SYMPTOMS

- Mild to severe respiratory illness with
- fever
- cough
- sore throat
- difficulty breathing



PREVENTION

- **WASH HANDS FREQUENTLY** and carry a hand sanitiser.
- Maintain good **PERSONAL HYGIENE**.
- **DO NOT TRAVEL** if you think you are ill.
- Keep away from **PEOPLE WHO ARE SICK**.
- Avoid **TOUCHING YOUR FACE** before you wash your hands.
- Do not touch anyone. Stay at least **TWO METRES AWAY FROM ANYONE** (if possible).
- Stay away from crowded places – as far as possible.

TREATMENT

There is no specific antiviral treatment available. Antibiotics do not treat viral infections. However, antibiotics may be required if secondary bacterial infection develops.

WHO IS AT GREATER RISK?

Everybody who travelled to a country with ongoing community transmission is at risk of being infected with the virus.

FOR MORE INFORMATION

www.internationalsos.com/coronavirus
www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public

Coronavirus outbreak 24-hour hotline number

0800 029 999

SA Coronavirus WhatsApp group

060 012 3456



MAKE YOUR OWN HAND SANITISERS

OPTION 1

One could easily use 3 caps of Dettol to a litre of water.

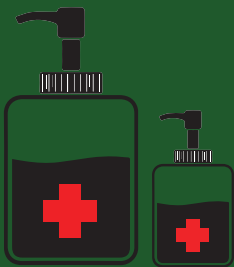
OPTION 2

One could also easily use 3 caps of Jik to a litre of water.

OPTION 3

If you don't have sanitiser or Dettol mix, you can mix:

- x1 litre white vinegar
- x1 litre water
- x1 cup bleach
- x3 tablespoons bicarb in a large container then pour into spray bottles



RUSTENBURG EMERGENCY CONTACT NUMBERS

SAPS

Rustenburg SAPS Radio Control Centre: 014 590 4115/6/7
Rustenburg SAPS Community Service Centre: 014 590 4126/27/39
SAPS Boitekong: 014 593 6001/ 6002/ 6003
SAPS Emergency (cell phones only): 112
SAPS Marikana: 014 572 3143
SAPS Rustenburg: 014 590 4112
SAPS Tlhabane: 014 565 9171/54/59

AMBULANCE

Ambulance / Metro Control Room: 014 597 6612
Ambulance / Metro Control Room (provincial): 10177

MEDICAL EMERGENCY

Med 24/7 (Private): 086 177 7761
ER24: 084 124
NetCare 911: 082 911
Trauma Rescue: 014 594 0689
Ferncrest Hospital (Emergencies): 014 568 4339/8
Peglerae Hospital (Casualties): 014 597 2823

HOSPITALS

Ferncrest Hospital: 014 568 4399
Job Shimankana Tabane (JST) provincial hospital: 014 590 5100
La Femme Clinic: 014 594 9500
RusMed 24: 014 523 9378/9351

PEST CONTROL / SNAKE EMERGENCY NUMBERS

Mostert Pest Control: 071 213 5107

CLEANING SERVICES 24/7

CIA Crime Incident Accident: 079 498 7606

FIRE

Fire Department: 014 590 3232 /3444/3333
Rustenburg Local Municipality emergencies (fire): 014 590 3090

RTB LOCAL MUNICIPALITY

RLM Accounts Queries: 014 590 3111
Press 1 for:
RLM Emergencies (Fire Dept.)
Press 2 for:
RLM Customer Care Supervisor

ALARMS

ADT (Control Room): 086 121 2520 / 086 121 2501
Oracle Protection Services: 014 533 3062/3726 / 081 358 4032
Wesalarms: 014 592 8364

SSR & CPF/GPF

CPF Sector 1: 061 019 6870
CPF Sector 2: 072 907 0844
CPF Sector 3: 072 204 4847
CPF Sector 5: 082 573 3712
CPF Sector 6: 079 227 9748
Staan Saam RTB: 083 444 6391
Staan Saam Rustenburg Community Watch: 083 296 6949

SOUTH AFRICAN COMMUNITY CRIME WATCH RUSTENBURG (SACCV)

079 689 0961

ANIMAL EMERGENCIES

Animal Clinic Zinniaville: 014 538 2114
ARAN Veterinary Clinic: 014 592 6007/ 083 410 7960
Bergbos Diereklíníek: 014 533 1959/2084
Bergbos Diereklíníek (A/H): 083 653 1081
Rtb SPCA: 014 592 3181
Rtb SPCA (A/H): 072 933 7723

WATER

Water Problem Helpline: 014 590 3111

ELECTRICITY

Electricity Helpline: 014 565 1042
Eskom National Line: 086 003 7566

ROAD & TRAFFIC

Bakwena N4 Toll Road: 080 022 5936
Traffic Control Room (Rustenburg): 014 590 3221

PLATINUM WEEKLY
NEWSPAPER: 014 592 5653 / 072 482 6871.