



**City Improvement District**  
**Blackheath**  
 committed to making a difference



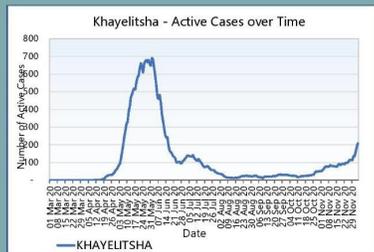
City Improvement District  
 Blackheath



### COVID-19 COMMUNITY ALERT

Khayelitsha is a **HIGH RISK** area for COVID-19 infections

Increase in active COVID-19 cases in past week  
 (30 Nov - 4 Dec) **54%** ↑  
4 December 2020



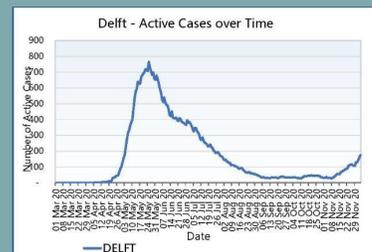
Please share this information with people you know in the area and encourage each other to wear a mask, avoid crowded places, confined spaces with poor ventilation and close contact with other people, by keeping at least 1.5m apart.



### COVID-19 COMMUNITY ALERT

Delft is a **HIGH RISK** area for COVID-19 infections

Increase in active COVID-19 cases in past week  
 (30 Nov - 4 Dec) **35%** ↑  
4 December 2020



Please share this information with people you know in the area and encourage each other to wear a mask, avoid crowded places, confined spaces with poor ventilation and close contact with other people, by keeping at least 1.5m apart.



COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

#### Most common symptoms:

- \* fever
- \* dry cough
- \* tiredness
- \* Less common symptoms:
- \* aches and pains
- \* sore throat
- \* diarrhoea
- \* conjunctivitis
- \* headache
- \* loss of taste or smell
- \* a rash on skin, or discolouration of fingers or toes

### Serious symptoms:

- \* difficulty breathing or shortness of breath
- \* chest pain or pressure
- \* loss of speech or movement

Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility.

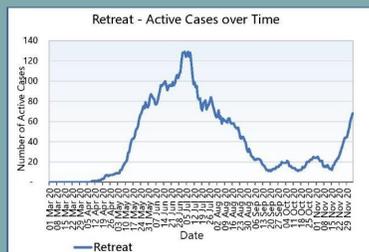
People with mild symptoms who are otherwise healthy should manage their symptoms at home.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

## COVID-19 COMMUNITY ALERT

Retreat is a **HIGH RISK** area for COVID-19 infections

Increase in active COVID-19 cases in past week  
**36%** ↑  
4 December 2020  
(30 Nov – 4 Dec)



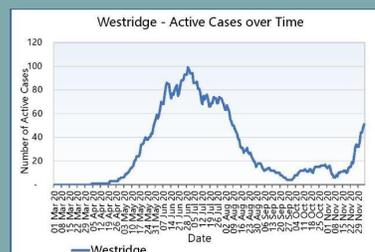
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## COVID-19 COMMUNITY ALERT

Westridge is a **HIGH RISK** area for COVID-19 infections

Increase in active COVID-19 cases in past week  
**41%** ↑  
4 December 2020  
(30 Nov – 4 Dec)



Please share this information with people you know in the area and encourage each other to wear a mask, avoid crowded places, confined spaces with poor ventilation and close contact with other people, by keeping at least 1.5m apart.



Protect yourself and others around you by knowing the facts and taking appropriate precautions. Follow advice provided by your local health authority.

### To prevent the spread of COVID-19:

- \* Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- \* Maintain a safe distance from anyone who is coughing or sneezing.
- \* Wear a mask when physical distancing is not possible.
- \* Don't touch your eyes, nose or mouth.
- \* Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- \* Stay home if you feel unwell.
- \* If you have a fever, cough and difficulty breathing, seek medical attention.

Calling in advance allows your healthcare provider to quickly direct you to the right health facility. This protects you, and prevents the spread of viruses and other infections.

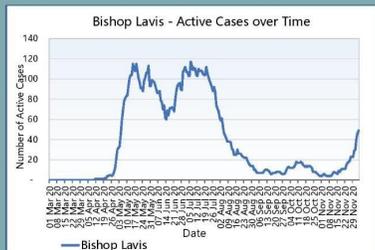
## Masks

Masks can help prevent the spread of the virus from the person wearing the mask to others. Masks alone do not protect against COVID-19, and should be combined with physical distancing and hand hygiene. Follow the advice provided by your local health authority.

### COVID-19 COMMUNITY ALERT

Bishop Lavis is a **HIGH RISK** area for COVID-19 infections

Increase in active COVID-19 cases in past week  
**68%** ↑  
4 December 2020  
(30 Nov – 4 Dec)



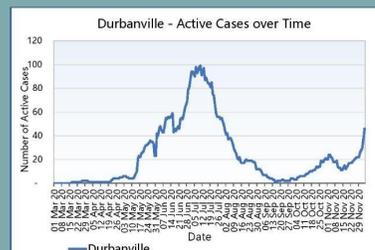
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### COVID-19 COMMUNITY ALERT

Durbanville is a **HIGH RISK** area for COVID-19 infections

Increase in active COVID-19 cases in past week  
**76%** ↑  
4 December 2020  
(30 Nov – 4 Dec)



Please share this information with people you know in the area and encourage each other to wear a mask, avoid crowded places, confined spaces with poor ventilation and close contact with other people, by keeping at least 1.5m apart.



To date, there are no specific vaccines or medicines for COVID-19. Treatments are under investigation, and will be tested through clinical trials. World Health Organization

## Self-care

If you feel sick you should rest, drink plenty of fluid, and eat nutritious food. Stay in a separate room from other family members, and use a dedicated bathroom if possible. Clean and disinfect frequently touched surfaces.

Everyone should keep a healthy lifestyle at home. Maintain a healthy diet, sleep, stay active, and make social contact with loved ones through the phone or internet. Children need extra love and attention from adults during difficult times. Keep to regular routines and schedules as much as possible.

It is normal to feel sad, stressed, or confused during a crisis. Talking to people you trust, such as friends and family, can help. If you feel overwhelmed, talk to a health worker or counsellor.

## COVID-19 COMMUNITY ALERT

Bothasig is a HIGH RISK area for COVID-19 infections

Increase in active COVID-19 cases in past week  
(30 Nov – 4 Dec)  
**23%** ↑  
4 December 2020



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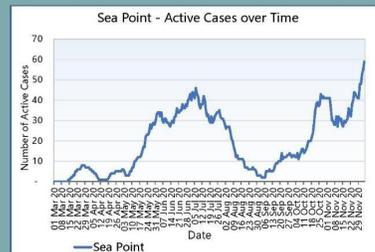


STAY SAFE  
MOVE FORWARD

## COVID-19 COMMUNITY ALERT

Sea Point is a HIGH RISK area for COVID-19 infections

Increase in active COVID-19 cases in past week  
(30 Nov – 4 Dec)  
**23%** ↑  
4 December 2020



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STAY SAFE  
MOVE FORWARD

### Medical treatments

If you have mild symptoms and are otherwise healthy, self-isolate and contact your medical provider or a COVID-19 information line for advice.

Seek medical care if you have a fever, a cough, and difficulty breathing. Call in advance.

**National hotline: 0800 029 999**

**Provincial hotline: 021 928 4102**

**Toll-free hotline: 080 928 4102**

**WhatsApp "Hi" to 0600 123 456**

**Email: [doh.dismed@westerncape.gov.za](mailto:doh.dismed@westerncape.gov.za)**

All lines are operational 24/7. The above contact details are for health-related matters only.

For all other enquiries please see details for our [provincial contact centre](#).

To make a complaint about a business' COVID-19 safety compliance [click here](#).

Businesses, report a positive case of COVID-19 in the workplace with this [online form](#).

**Dial \*134\*234# to report non-compliance of public transport.**

## COVID-19 COMMUNITY ALERT

Lentegeur is a **HIGH RISK** area for COVID-19 infections



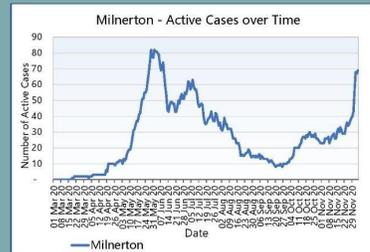
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STAY SAFE  
**MOVE FORWARD**

## COVID-19 COMMUNITY ALERT

Milnerton is a **HIGH RISK** area for COVID-19 infections



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STAY SAFE  
**MOVE FORWARD**

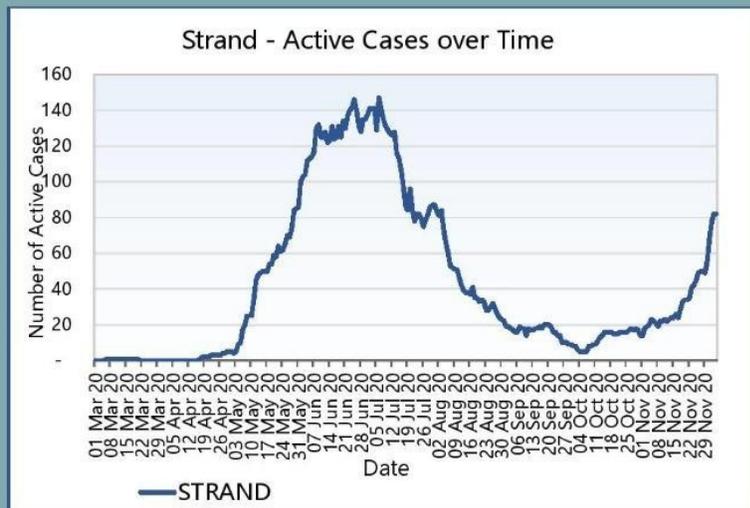
# COVID-19 COMMUNITY ALERT

Strand is a **HIGH RISK** area for  
COVID-19 infections

Increase in  
active COVID-19  
cases in past  
week  
(30 Nov – 4 Dec)

**46%**

4 December 2020



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Western Cape  
Government

Health



STAY SAFE  
**MOVE  
FORWARD**



**City Improvement District**

**Blackheath**

committed to making a difference

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