

When our immune system is weak, different viruses and diseases can make us sick, sometimes seriously ill.

When something is not going well, the body will give us signs (“danger signs”) and warn us to take actions

TAKE YOUR MEDICATIONS REGULARLY



GO TO THE CLINIC FOR YOUR REGULAR APPOINTMENTS AND WHEN YOU HAVE A DANGER SIGN



Health

Self check

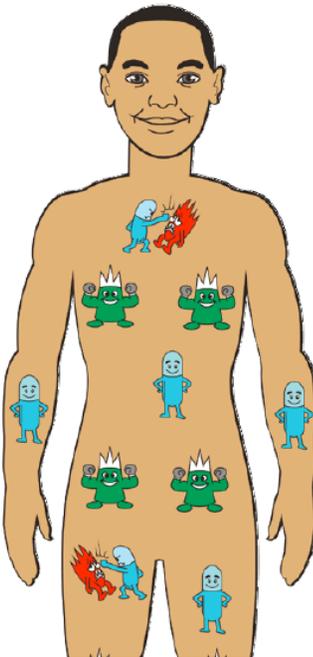


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Self referral to the clinic when immunity is weak

If you experience any of these danger signs, go to see a nurse/ doctor.

In the clinic the medical team will check your health and give you the treatment you need to recover your immunity and be strong again



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



Self-check for danger signs

You cannot walk without aid/ help

Or you stay in bed all day long

You have fever

You breath fast or have difficulties breathing

Your heart beats fast

You feel dizzy or fainting while when sitting or standing

You feel thirsty/your mouth and lips are dry, your skin is very dry with cracks after you have a lot of vomiting or diarrhoea (passing loose stool more than 3 times per day) or high fever

You get confused; you are not fully aware of your surrounding/place/time/people

Your behaviour has changed

You are not acting “normally” or as usual

Self-referral to clinic

If you have one or more danger signs

DO NOT WAIT,

Go to the clinic and seek for medical help



Self-check for danger signs

**You have been coughing, have night sweats or lost weight;
You have a chest pain**

The white part of your eyes becomes yellow(ish)

You have strong headaches
that persist and don't improve with medication

You had a seizure

Any part of your face or body gets weak or numb so that it is difficult or not possible to move it

You had a rapid changes in your vision/hearing; you became sensitive to light

Your neck feels stiff

You feel pain and have difficulty in swallowing food or drinks

You have small and painful blisters or ulcers in lips/mouth or genitals