

SAFEGUARDING YOUR HEALTH AND WELL-BEING!



Maintain social distancing



Avoid touching eyes, nose and mouth



Wash your hands frequently



If you have symptoms seek medical care early



Practice respiratory hygiene

The virus is spread through droplets and not aerosol- if we maintain a distance of at least one-and-a half metres of a person with cough symptoms, we should be safe

SCAN HERE



WHO WEBSITE ON COVID-19

SCAN HERE



WATCH THIS NICD VIDEO ON COVID-19

- ▶ Droplets after being coughed fall to the ground or on hard surfaces- they do NOT remain in the air. Clean and disinfect surfaces thoroughly
- ▶ Avoid shaking hands and use an elbow or an ankle bump instead
- ▶ Cough or sneeze into tissues
- ▶ Wash hands frequently and thoroughly
- ▶ The elderly and those with immune compromised systems and medical conditions are at risk
- ▶ Adhere to public health messages
- ▶ Avoid the consumption of raw and undercooked meat. Handle meat, milk and animal organs with extreme caution
- ▶ Avoid travel if you have a fever or a cough
- ▶ If you are ill, stay at home and consult a healthcare professional
- ▶ Avoid contact with farm or wild animals (alive or dead)
- ▶ Use trustworthy sources of information

THE HOTLINE:

If you are unsure or if you have concerns, please contact the National Department of Health hotline **0800 029 999** or **WhatsApp 060 0123 456** for further advice and assistance.

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