STAY SAFE!

THE FOLLOWING STEPS HAVE BEEN DESIGNED TO HELP KEEP YOU HEALTHY AND PREVENT COVID-19 FROM ENTERING YOUR WORKPLACE.

WASH
YOUR HANDS FREQUENTLY WITH SOAP.

WEAR
A FABRIC MASK WHEN GOING OUT OR WHILE WORKING.

AVOID
TOUCHING YOUR EYES, MOUTH AND NOSE.

DISTANCE
YOURSELF FROM OTHERS, AND KEEP AT LEAST 2M AWAY. AVOID PHYSICAL CONTACT WHEN GREETING OTHERS.

COVER
YOUR MOUTH AND NOSE WHEN YOU COUGH OR SNEEZE, USING YOUR BENT ELBOW OR A TISSUE. DISCARD THE TISSUE IMMEDIATELY.

CLEAN
AND DISINFECT EQUIPMENT AND SURFACES FREQUENTLY.

SYMPTOMS
People infected with COVID-19 may experience mild to severe symptoms. These can include:

- FEVER;
- COUGH;
- SHORTNESS OF BREATH.

Symptoms may appear two to 14 days after exposure. If you have symptoms of the virus or have been in direct contact with someone who has tested positive for coronavirus over the past two weeks, ensure that you self-isolate and seek medical care.

CALL THE COVID-19 HOTLINE ON **0800 029 999**
OR SEND **'HI'** ON WHATSAPP TO **060 012 3456**
VISIT **SACORONAVIRUS.CO.ZA**

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