# STAY SAFE FROM CORONAVIRUS!
## (COVID-19)

**We must all come together and fight the spread of coronavirus, together.**

## WHAT YOU CAN DO:
### KEEP YOURSELF AND SURFACES CLEAN



- Wash your hands with soap and water for 20 seconds. Use a tippy tap or squeeze bottle. Follow these 5 steps: Wet your hands and close the tap, use the soap to wash your hands all over, between the fingers, back of your hand and your fingertips. Rinse the hands and dry them.
- If you have hand sanitiser clean your hands with it every 30 minutes.
- Clean toilets, wipe door handles, phones, all taps, tables and cooking areas with bleach as often as possible.
- Before using a toilet, clean the toilet seat with bleach.
- Cover your hands with newspaper or gloves when you open doors, toilet lids and taps. Don't use your bare hands.
- Cough or sneeze into a tissue or toilet paper. Throw it away immediately in a closed container and wash your hands immediately.
- The coronavirus spreads by touch – don't touch your face, eyes, mouth, nose until you've washed your hands!
- Keep your windows and door open as often as possible for fresh air.
- After you exit public transport, make sure you wash your hands with soap and water or use hand sanitiser.

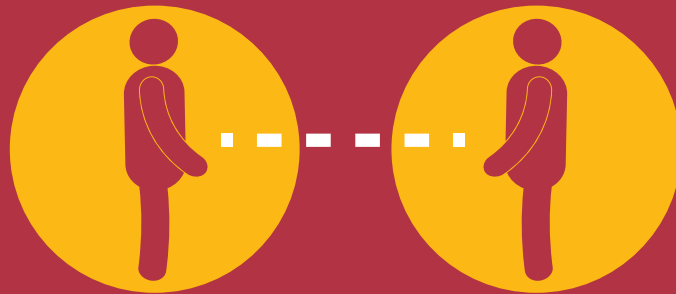**Stay healthy! Keep one metre away from someone else.**
**#Coronavirus**



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## WHAT YOU CAN DO:
### STAY AWAY FROM OTHERS

- Stand at least one metre away from the person in front and behind you, whether at work, shops, in a queue or walking.
- Do not shake hands with anyone.
- Do not share cigarettes.
- Do not share your cup/drink or glass with anyone.
- Do not share your cutlery with family members or friends.
- Stay at home and avoid interaction with others. Elderly and persons with underlying and chronic illnesses are more vulnerable and should not be unnecessarily exposed.
- Do not hug or kiss your friends/neighbours.
- Do not visit your neighbours, or allow your children to leave your house.

**Stay healthy! Keep one metre away from someone else.**
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## WHAT YOU CAN DO:

### IF YOU FEEL SICK

- Are you continuously coughing?
- Do you feel hot and cold and sweat often? (fever)
- Do you find it difficult to breathe or have a tight chest?

**You can contact the Provincial Hotline on 021 928- 4102 or your nearest clinic first .** Do not go to your clinic without calling them first, you may infect other people while in the waiting room.

**You can WhatsApp to find out where to go for help:**
- National Department of Health: **060 012 3456**
- Western Cape Department of Health hotline: **0600 123 456**

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