

PREVENT THE SPREAD OF COVID-19 in

7 STEPS

Ngeenkukacha ezithe vetshe ngalentsholongwana ndwendwela ku: www.sacoronavirus.co.za okanye utsalele inombolo yomnxeba ekhawulezileyo: **0800 029 999** okanye ku WhatsApp Support Line: **0600 123 456**

01 Wash your hands frequently with soap and water.
Hlamba izandla zakho ngamanzi nesepha ngalo lonke ixesha.

02 Avoid touching your eyes, nose and mouth.
Sukubamba amehlo, impumlo kwakunye nomlomo wakho.

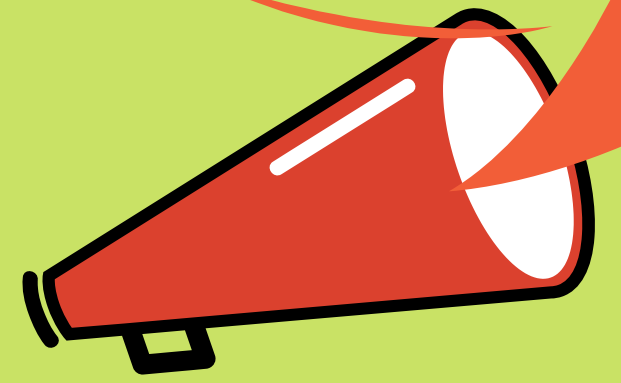
03 Cover your cough using the bend of your elbow or a tissue.
Khohlelela kumphakathi wengqiniba orkanye usebenzise i-tissue (uze uyilahle wakuqgiba)

04 Avoid crowded places and close contact with anyone that has fever or cough.
Sukuzayamanisa nabantu abagulayo yi-fever, yingqele nokhohlokhohlo

05 Stay at home if you feel unwell.
Hlala endlini xa uziva ungaphilanga.

06 If you have a fever, cough and difficulty breathing seek medical care early - but call first.
Xa usonganyelwa yi-fever, lukhohlokhohlo, kukuthimla nokunzinyelwa kukuphefumla, tsalela unxeba uGqirha wakho phambi kokuba ufike.

07 Get information from trusted sources.
Qinisekisa ukuba ufumana ulwazi kwiindawo ezithembekileyo.



TOGETHER WE CAN

Gxotha i-Covid-19

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