

5 Golden Rules of Good Hygiene

- 1 Wash hands often**
- 2 Don't touch your face**
- 3 Keep physical distance**
- 4 Cover your cough**
- 5 Sick? Stay home**

Coronavirus hotlines

0800 029 999 or **021 928 4102** or **0800 111 132**



Western Cape
Government

LET'S **STOP** THE SPREAD

FOR MORE INFORMATION:
www.westerncape.gov.za