

# Protect yourselves from COVID-19 at your place of worship

## COVID-19 can spread easily at a place of worship

- When someone with COVID-19 breathes, talks, sings, coughs or touches things, they leave coronavirus on surfaces and objects and in the air.
- You can catch coronavirus if you are in close contact with someone who has it, or if you touch these surfaces and then touch your eyes, nose or mouth.



### Stay home if:

- You have symptoms that could be COVID-19 - (cough, fever, sore throat or change in your sense of smell or taste).
- You are at risk of severe COVID-19 (over 55 or have a chronic condition, especially diabetes).



### Practise good hygiene

- Cough or sneeze into your elbow.
- Don't touch your mouth, nose or eyes with unwashed hands.



### Wear a cloth mask

- The mask should cover your mouth, nose and chin.
- Do not touch your mask while wearing it.
- Do not wear a visor instead of a mask.



### Keep clean of coronavirus

- Wash your hands or use hand rub often.
- Don't touch surfaces and objects that are touched often.
- Bring your own worship aids such as prayer mats, or hymn books.



### Keep 1,5 metres away from others

- Stay in your family unit.
- Don't gather after the service.
- Avoid kissing, hugging, handshakes.



Anyone can get COVID-19. Let's be kind to one another – we are all in this together.



Western Cape  
Government

**STAY SAFE.SAVE LIVES.**