

# Stay Safe with your family and friends

We must work together to beat the next wave. We can do this by getting vaccinated and keeping up our good habits.



## Don't hesitate. Vaccinate.

- Vaccination is our best protection against severe COVID and return to a more normal life.
- COVID vaccines are safe and save lives.
- They may not prevent you from getting COVID but they will protect you against severe COVID.
- Everyone 12 years and older can get the vaccine.

<https://vaccine.enroll.health.gov.za>



## Mask up when indoors!

- A well-fitting mask can reduce your chances of getting COVID.
- If you have COVID, a mask can reduce your chances of spreading it to other people.
- Masks protect you and others – it shows you care.



## Avoid crowds



Postpone or cancel parties



Limit the size of your gatherings, keep them short and outside.



Keep physical distance from others.



Western Cape  
Government  
FOR YOU

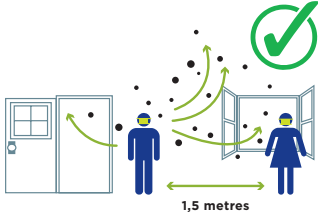
Health and Wellness

Western Cape call centre: 0860 142 142  
[www.westerncape.gov.za](http://www.westerncape.gov.za)



# Ventilate

Coronavirus spreads through the air when people breathe, talk, cough, sing or shout.



## We can also protect ourselves by:

- Keeping gatherings small, short and outdoors.
- Making sure we have as much fresh air as possible indoors.



Open windows and doors to create good airflow.



Meet outside where possible.



# What to do if you get symptoms

## Assume you have COVID even if you don't test.

- If you have symptoms, isolate for 7 days.
- Try to stay separate from others in your home. If you can't, wear a mask and open doors and windows.



## Go to hospital immediately if you develop:

- Difficulty breathing
- Chest pain or pressure that won't go away
- Confusion
- Can't wake up completely

