

LET'S STOP THE SPREAD

The **Coronavirus** is spreading, and while we must not panic, we do need to do everything we can to stop it.

Practice Social Distancing

This means increasing the distance between yourself and others.

Why is it important?

- More distance between people means less contact and chances for the virus to spread.
- Fewer infections mean less stress on our health care system during this pandemic.
- It ensures better protection for high-risk citizens, such as the elderly, chronic health sufferers, and pregnant women.



How to socially distance yourself:

- Don't touch public surfaces.
- No handshakes, hugs or kisses.
- Stay away from crowds:
 - Stay home.
 - Keep 1.5 metres away from others.
 - Sick? Stay home and call for advice.
 - Cancel your plans. No sleepovers, playdates, parties, sporting events, group sports or activities, meetings, conferences and dates.
 - Visit the grocery store when it's quiet and only if you have to.
 - Avoid public places like restaurants, bars, gyms, shopping malls, markets, cinemas, concerts, religious services.
 - If possible, don't use public transport.



When to isolate yourself?

If you have consulted your GP or public health practitioner on having:

- Symptoms of COVID-19.
- Close contact with someone who may have or has COVID-19.
- Travelled to ANY international location.



What more can you do?

- Please stay home if you are ill.
- Cough or sneeze into a tissue or the crook of your arm.
- Always throw away the tissue immediately in a closed bin.
- Wash your hands with soap for at least 20 seconds and at least every half an hour.
- Don't touch anybody outside of your immediate family.
- Don't touch your own face unless you have just washed your hands thoroughly.
- Clean/disinfect objects and surfaces you touch often.
- Show care for your community while practicing social distancing.



STAY HOME IF YOU ARE ILL THIS IS IMPORTANT

24 National Hotline : 0800 029 999

24 Provincial Hotline : 021 928 4102

24 National WhatsApp : 0600 123 456



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FOR MORE INFORMATION: www.westerncape.gov.za