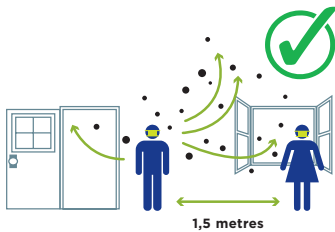


# Stay Safe with your family and friends

STAY SAFE  
**MOVE FORWARD**

We must all stand together to beat the third wave of the coronavirus. We can do this by understanding how coronavirus spreads and keeping up our good habits.

- Coronavirus spreads through the air when people breathe, talk, cough, sing or shout.
- It spreads quickly during waves that last several months.



## We can protect ourselves by:

- Keeping gatherings small, short and outdoors.
- Making sure we have as much fresh air as possible indoors.
- Wearing our masks when with others or leaving the house.

## Mask up!

- A 3-layer cloth mask halves the amount of coronavirus you breathe in.
- Masks protect you and the other person - it shows you care.

## Stay home for 10 days and test if you develop coronavirus symptoms:

- Cough
- Sore throat
- Fever
- Loss of smell or taste
- Body aches

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



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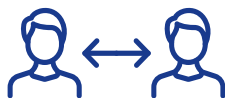
Western Cape call centre: 0860 142 142  
[www.westerncape.gov.za](http://www.westerncape.gov.za)

# Spend time with others safely

STAY SAFE  
**MOVE FORWARD**



If you are sick, stay at home.



Keep physical distance from others.



Wear a mask.



Cover your cough.



Don't spit, shout or sing close to other people.



Wash or sanitize your hands often.



Do not shake hands, hug or kiss anyone outside those in your home.



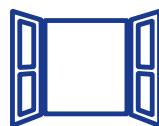
Postpone or cancel parties



Limit the size of your gatherings and keep them short.



Meet outside where possible.



If you must be inside, open windows and doors to create good airflow.

**Be extra careful if you are at risk of severe COVID-19: over 55 years or with diabetes, HIV, TB, kidney disease, hypertension, chronic lung disease or cancer.**



Stay safe  
•••  
**VACCINATE**



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