5 Tips to #WinterSafely

Tip 1

Get your COVID vaccine up-to-date

COVID-19 vaccines are safe and protect against hospitalisation and death.

Tip 2

OPEN A WINDOW
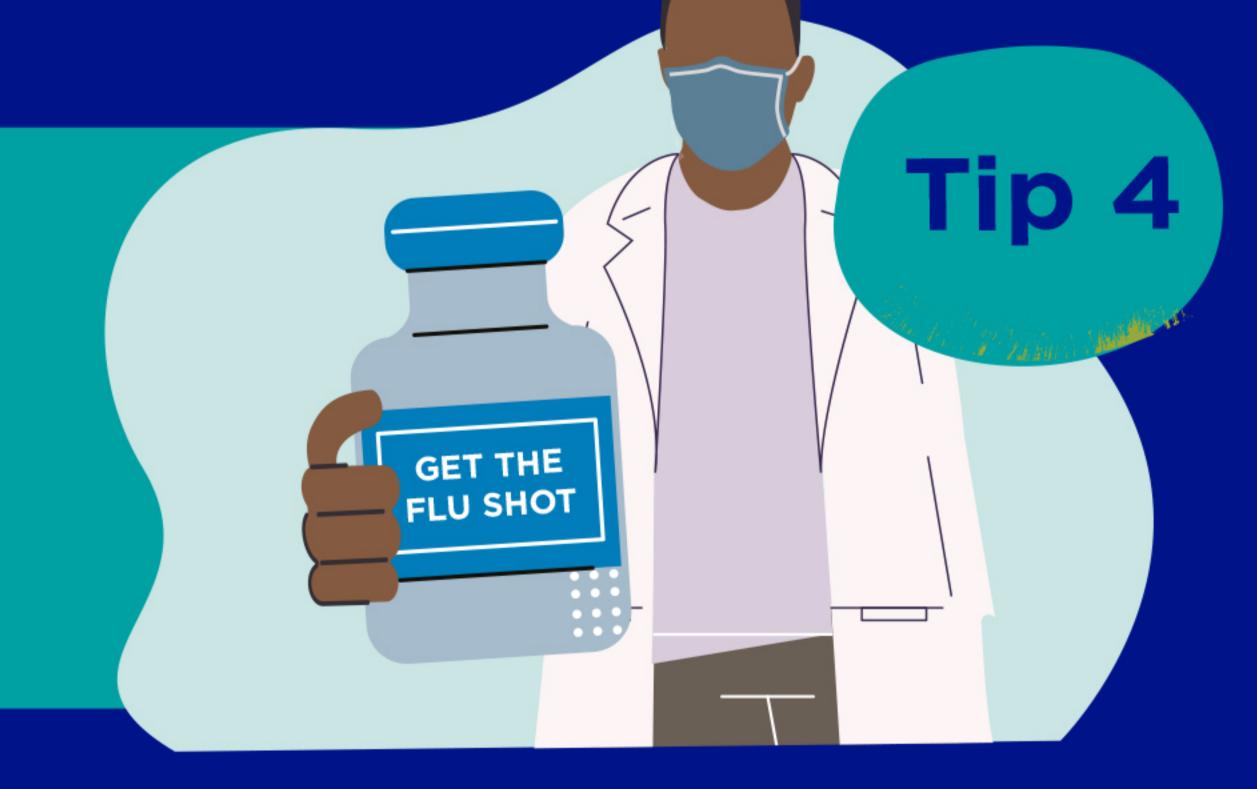
Ventilate indoor spaces and bring as much fresh air into your indoor spaces as possible.

Tip 3

CONTINUE PROTECTING YOURSELF

Consider still wearing a mask when sick, in crowds or confined spaces, or with vulnerable people.

Tip 4

GET THE FLU SHOT

Strongly consider getting a flu shot this flu season.

Tip 5

36.5+ Lookout for cold & flu symptoms

If you have symptoms, wear a mask and seek medical care if needed.

Western Cape Government FOR YOU

When you #WinterSafely you help #SaveLives.

Western Cape call centre: 0860 142 142
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