

PREVENTING THE SPREAD OF COVID-19

ENGLISH

THERE IS NO NEED TO PANIC. BUT TOGETHER, IF WE TAKE THE RIGHT PRECAUTIONS, WE CAN STOP THE SPREAD OF COVID-19. TRY YOUR BEST TO FOLLOW THESE GUIDELINES:



**WORSHIP
AT HOME.**

Worship at home. Do not go to church or mosque. Avoid places where there are groups of people. Large gatherings of people are a health risk.

Gatherings of more than 100 people are forbidden in South Africa at this time.



**WASH HANDS
REGULARLY.**

Wash your hands regularly (for at least twenty seconds with soap and water).



**MAINTAIN
DISTANCE
FROM OTHERS**

Please try to maintain a distance of 1-2 meters from other people, whenever possible.



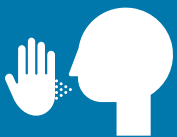
**DO NOT TOUCH
YOUR FACE**

Do not touch your face, especially your nose, mouth and eyes - with unwashed hands.



**DO NOT
SHAKE HANDS**

Do not shake hands or touch each other when greeting. You can touch elbows instead.



**COVER IF YOU
COUGH/SNEEZE**

If you cough or sneeze, cover it with a tissue (and throw it away afterwards). If you do not have a tissue, cough or sneeze into your bent elbow.



STAY HOME

If you develop symptoms, call toll-free hotline on 0800 029 999.

For reliable information and updates, visit www.sacoronavirus.co.za.

This information was collated by The Scalabrini Centre of Cape Town from governmental resources.