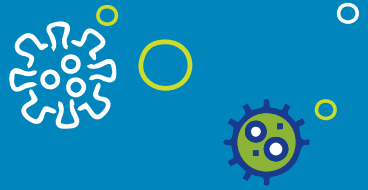


LET'S **STOP** THE SPREAD



The coronavirus is spreading, and while we must not panic, we must practice good hygiene.

Practice good hygiene

This means being as clean and hygienic as possible, all day.

How to practice good hygiene



Wash your hands often with soap and water for at least 20 seconds – or use hand sanitiser if you can't wash them.



Avoid touching your face, and don't shake hands with anyone.



Throw used tissues away, or cough and sneeze into the crook of your arm, and then wash your hands.



Use clean eating utensils and don't share them.



Keep things you touch very clean and try not to touch public surfaces.



Why is it important?



- Good hygiene means there's less chance of infection spreading.
- That means less stress on our healthcare system.
- It also helps to protect high-risk citizens, such as the elderly, chronic health sufferers.

What more can you do?

- Don't touch anybody outside of your immediate family.
- Please stay home if you are ill.
- Let fresh air in, eat healthily, exercise regularly and get enough sleep.



It may be difficult, but do the best you can. Now's the time to be kind and support one another through this stressful time.

24 Coronavirus National Hotline :
0800 029 999

24 Coronavirus Provincial Hotline :
021 928 4102

24 Coronavirus National WhatsApp :
0600 123 456



Western Cape
Government

FOR MORE INFORMATION:
www.westerncape.gov.za/coronavirus