



PROTECT YOURSELF AND OTHERS FROM THE CORONAVIRUS PREVENTION & WELLNESS



WEAR A MASK

everyone wears a cloth face mask in public settings where physical distancing may be difficult, such as grocery stores

COVER YOUR COUGH

Sneeze or cough into a tissue or your elbow if you have no tissues



AVOID TOUCHING YOUR FACE

Avoid touching any part of your face or head, including your mouth, nose, and eyes. Also avoid biting your fingernails.

CLEAN & DISINFECT SURFACES

Use alcohol-based disinfectants to clean hard surfaces in your home



WASH YOUR HANDS FREQUENTLY & CAREFULLY

Use warm water and soap and rub your hands for at least 20 seconds. Work the lather to your wrists, between your fingers, and under your fingernails. You can also use an antibacterial and antiviral soap.

CLEAN & DISINFECT YOUR PHONE

Clean your phone, laptop, and anything else you use regularly several times a day



higher education
& training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

CORONAVIRUS OUTBREAK NATIONAL HOTLINE

080 002 9999

08H00 - 16H00 (MONDAY - FRIDAY)



health

Department:
Health
REPUBLIC OF SOUTH AFRICA