

STRESS LESS & PRACTICE CORONAVIRUS (COVID-19) PREVENTION



1.

WASH YOUR HANDS!

Wash your hands with soap and water. Wash between your fingers, on the top of your hands and under your nails for at least 20 seconds. Do this especially after being in public.



2.

BE HYGIENIC

Cover your mouth with a tissue or crease of your arm and throw it away immediately, don't reuse the tissue. Avoid touching your face (nose, eyes and mouth) at all times.



3.

SHARING IS NOT CARING

Don't share your food and eating utensils. Don't take a sip out of someone else's glass.



4.

DON'T WAIT, CALL YOUR DOCTOR

If you are sick, don't wait before it gets worse. But instead of going to the doctor, first call to talk about your symptoms after which a plan of action will be put in place. Typical symptoms include coughing, runny nose, fever and shortness of breath.

BE VIGILANT AND HYGIENIC AT ALL TIMES!



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