

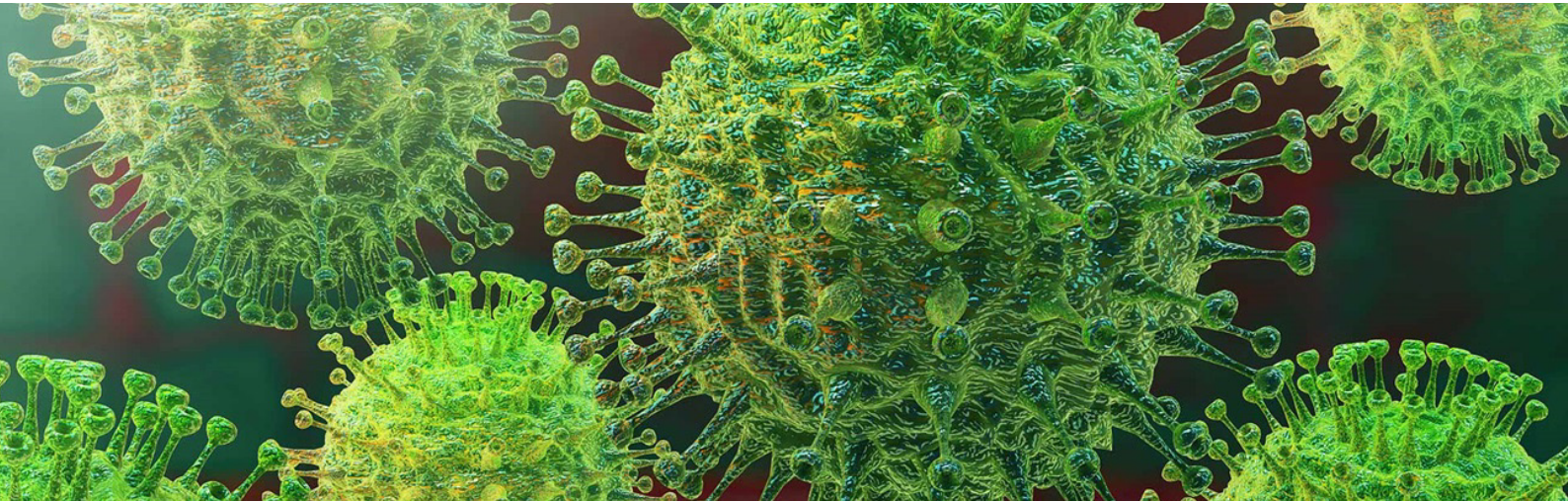


agriculture  
& rural development

Department:  
agriculture & rural development  
PROVINCE OF KWAZULU-NATAL

**SOUTH AFRICAN WHATSAPP  
SUPPORT NO: 0600 123 456**

# **KNOWING YOUR GENERAL HEALTH STATUS IS CRUCIAL IN THE PANDEMIC OF COVID 19**



**Officials living with non-communicable diseases, such as diabetes are encouraged to exercise maximum SELF-CARE by ensuring adherence to their treatment plan.**

**Avoid self- medication such as use of supplements without consulting your doctor or pharmacist.**

**Hold open discussion on infection control measures with your family, so that fears can be addressed.**

**Should your office host WELLNESS SCREENING, get screened for your safety and initiation to treatment if required.**

**EMPLOYEE HEALTH AND WELLNESS**

**• CORONA VIRUS PUBLIC HOTLINE NUMBER : 0800 029 999 •**