

agriculture & rural development Department: agriculture & rural development PROVINCE OF KWAZULU-NATAL

How to protect yourself against the Coronavirus

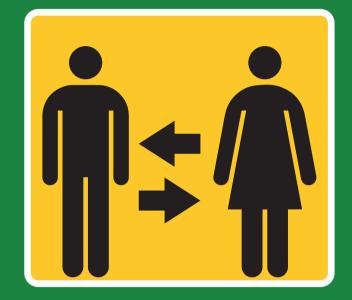
#PHEZU KOMKHONO

SOUTH AFRICAN WHATSAPP SUPPORT NO: 0600 123 456

The coronavirus is spread through respiratory droplets produced when an infected person coughs or sneezes. We touch many surfaces and can pick up viruses which can then transfer a virus to your eyes, nose or mouth.



 Wash your hands frequently for 20 seconds with soap and water and use a sanitiser.



2. Maintain at least 1-metre distance between yourself and anyone who is coughing and sneezing.



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 Avoid touching eyes, nose and mouth with unwashed hands.











4. When sneezing or coughing, use a tissue or the inside of your elbow to cover your mouth and nose.
5. If you have fever, a cough of and difficulty breathing, contact the NICD hotline.

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