

**STAY**  
  
**HOME**

**SAVE SOUTH AFRICA**

**CORONAVIRUS (COVID-19)**

**SURVIVAL**

**GUIDE**



REPUBLIC OF SOUTH AFRICA



# The following basic guidelines can help you cope during the lockdown, and also keep you and your family members psychologically and physically healthy:



## Prepare healthy food

– eat nutritious food to keep strong and healthy. You may try a new recipe and teach a family member to cook or bake.

**Keep hydrated** – drink lots of fluids, especially water, to stay hydrated and healthy. Hydration is an important factor in maintaining overall health and wellness.

**Maintain good ventilation** – in confined spaces, good ventilation is beneficial. Oxygen from fresh air can enhance your heart rate, blood pressure and energy levels. It also strengthens your immune system.

**Exercise regularly** – keep fit by engaging in exercise activities such as push-ups and sit-ups; even a brisk or leisurely walk around the house can make a difference. Among other health benefits, exercise also helps to alleviate feelings of depression and anxiety.



**Read a book** – a good book can help you relax and take your mind away from worry. Even a good magazine or journal can keep you occupied for a few hours. Check some of the online bookshops.



**Work in the garden** – apart from beautifying your environment, gardening provides substantial health benefits and moderate exercise to keep you fit and healthy.

**Do some DIY** – do some paintwork around the home and repair broken appliances. Detect and seal all water leaks.

**Spring-clean your home** – this is the ideal time to shift things such as beds to do a thorough cleaning of your home.

**Meditate** – it can give you a sense of calm, peace and balance that can benefit both your emotional well-being and overall health.

**Provide educational support** – do some home schooling, and help your children to catch up with their lessons and studies.

**Observe family time** – spend quality time with your loved ones and engage in pastime activities together such as playing cards or computer games, or watching a TV show or movie.

## Involve children in creative activities

– prevent boredom by finding creative ways to keep your children busy such as drawing cartoons, colouring books, etc. A singalong is another form of family entertainment.



**Access virtual church services** – most churches provide live radio and television broadcasts and online live streaming of their religious services.

**Get enough sleep** – it helps you stay healthy by giving your body the chance to heal damaged cells and boost your immune system, among other health benefits.



**Stay tuned** – listen to the radio and watch television regularly to keep updated with latest news and developments.



**Keep in touch** – maintain regular contact with family and friends through telephone, email or social media (Instagram, Facebook, Twitter, WhatsApp, etc).

**Care for the elderly and people with disabilities** – ensure that elderly people and people with disabilities are safe and comfortable, and receive a proper diet and take their prescription medicine regularly.

**Avoid Fake News** – obtain official information from [www.gov.za](http://www.gov.za) or [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za) or send the message “Hi” to 0600 123 456 for WhatsApp support or call the 24-hour toll-free hotline: 0800 029 999.

**Keep contact details of emergency services** – ensure that you have the correct telephone numbers of local emergency services such as doctor, police and ambulance.

**Seek medical care if sick** – should you or any of your family members feel sick, seek medical care immediately.

“I call on all of us, one and all, to play our part. To be courageous, to be patient, and above all, to show compassion. Let us never despair. For we are a nation at one, and we will surely prevail.”

– President Cyril Ramaphosa,  
Monday, 23 March 2020.

