COVID-19

Help prevent the spread of respiratory diseases like COVID-19

Wash your hands often with soap and water for at least 20 seconds.

COVID-19 Hotline: 0800 029 999
COVID-19

Help prevent the spread of respiratory diseases like COVID-19

Stay home when you are sick, except to get medical care.

COVID-19 Hotline: 0800 029 999
COVID-19

Help prevent the spread of respiratory diseases like COVID-19

- Wash your hands often with soap and water for at least 20 seconds.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay home when you are sick, except to get medical care.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.

COVID-19 Hotline: 0800 029 999

Department: Health
Republic of South Africa
COVID-19

Help prevent the spread of respiratory diseases like COVID-19

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

COVID-19 Hotline: 0800 029 999
COVID-19

Help prevent the spread of respiratory diseases like COVID-19

Clean and disinfect frequently touched objects and surfaces.

COVID-19 Hotline: 0800 029 999

health
Department: Health
Republic of South Africa
NDP 2030
Help prevent the spread of respiratory diseases like COVID-19

Avoid touching your eyes, nose, and mouth.

COVID-19 Hotline: 0800 029 999