



Back to school: The next phase of schools reopening is set to take place on 6 July 2020. According to new regulations, released on 23 July 2020, Grades R, 1, 2, 3, 6, 10 and 11 will be able to return. Parents and students are advised to be safe and follow the guidelines set out by the Department of Basic Education and the school.

Langeberg municipality preparing for Covid-19 peak

The Langeberg Municipality is extremely concerned about the dramatic increase in Covid-19 cases and is preparing for the peak.

A week ago (on the 18th), there were 179 cases with only two mortalities, but last Thursday afternoon (25 June) when the daily update was reported, the region had a total of 350 cases and nine deaths from the pandemic.

The 52 new cases reported that day were also the highest daily number of cases recorded in the municipality since the first case was reported on 30 March.

"The truth of the matter is that the Langeberg Municipality is half the population of George Municipality," Municipal Manager Soyisile Mokweni explained, "but we have just as many active cases."

"Unless we do something drastic and fast, we will have to prepare for the tragic unknown, and as a responsible municipality we can't underestimate the urgency or ignore the severity of

this global pandemic."

The municipality today launched a booklet on how ordinary funerals, and Covid-19-related funerals in particular, should be conducted in the municipality and at the 15 municipal cemeteries during the lockdown period.

"The national mortality rate is currently at 2%," Mokweni pointed out, "but in the Langeberg it is now at 2.5%, so we need to prepare for any eventuality, and this practical guide was developed to explain to bereaved families how the municipality would assist them during the lockdown and how we would meet our obligations towards them during this difficult time."

Summarising all relevant regulations and government protocols and directives, the municipality encourages all Covid-19 burials to take place within three days of the person's passing and to adhere to the guidelines set out in Direction 8E of the Directions to Address, Prevent and

Combat the Spread of Covid-19, issued by the Department of Health in March.

These directives limit those attending any Covid-19 funeral to "only close family members", and the burial service should not exceed two hours.

Also, the municipality encourages citizens and customers as far as possible to be practical and not visit municipal offices, but rather call the municipal hotline or general email address for communication, and pay municipal bills through EFT or banking apps.

Under Alert Level 3 of the Lockdown Regulations, libraries, municipal parks and swimming pools would remain closed.

Within the next few weeks the Langeberg Municipality will also focus on stakeholder engagement and meet with various businesses in the municipal area to ensure improved coordination of emergency responses.

"Since Alert Level 3 was introduced

at the start of the month, various supermarkets, abattoirs and wineries had to close for deep cleaning and testing of staff, after some staff-members contracted the virus," Mokweni said. "These closures have a dire impact on our local economy, and we would like to see how we can work with them to find the best possible solutions to the many problems we face together."

The Langeberg Municipality would also intensify its Covid-19 social behavioural campaign to educate the public about the dangers of the virus and how to prevent it from spreading.

"We will overcome this," Mokweni concluded. "We have to. But then it would mean we need to do things differently while our people maintain physical distancing, wear face masks, wash and sanitise their hands regularly, and leave their homes only for work or school and to do essential shopping or business. The lockdown is not yet over."

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GUIDELINES TO
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IN LANGEBERG

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COVID-19:
HOW TO WORK
SAFELY



Coronavirus: How to shop safely

Before shopping, while queueing and entering a store

Before shopping

- Avoid shopping if unwell.
- Ask a family or friend to help.
- Prepare a shopping list, and only shop when necessary.
- Only buy for one to two weeks.

While waiting in queue

- Keep 1,5 m apart from others.
- Ensure you have put a cloth mask on safely.
- Never share masks with other people.
- Clean hands with hand sanitiser before and after using an ATM.
- The number of people in a store will be limited – please be patient.

At the entrance to store

- Clean the handles of a shopping trolley or basket with sanitising wipes.
- Clean your hands with hand sanitiser.
- Only enter the store when advised.

While shopping and leaving store

While shopping

- Keep 1,5 m apart from others.
- Use a trolley, even if not needed, to help with physical distancing.
- Do not touch your face or fiddle with your mask.
- Cough or sneeze into a tissue or your elbow. Throw the tissue away.

When leaving the store

- Clean your hands with hand sanitiser.
- Keep your mask in place until you are ready to take it off safely.
- Do not pull the mask around your neck.
- Never share masks with other people.

When arriving home

- Remove mask safely.
- Immediately clean your hands with sanitiser or soap and water.
- Unpack the groceries. As an extra precaution, wipe groceries packaged in plastic, glass and tin with warm water or a diluted disinfectant, and air-dry before packing them away.
- Clean your hands again.
- If using reusable fabric shopping bags, wash them in warm soapy water after use.



While waiting in the queue when shopping, make sure you keep a distance of 1,5 metres apart from others.

Koronavirus: Hoe om veilig inkopies te doen

Voordat jy gaan inkopies doen, terwyl jy in die ry wag en wanneer jy by 'n winkel inloop

Voordat jy gaan inkopies doen:

- Moet eerder nie gaan inkopies doen as jy siek voel nie. Vra familie of vriende om jou te help.
- Skryf jou inkopielys neer en gaan net winkel toe wanneer dit werklik noodsaaklik is. Koop net genoeg vir een tot twee weke.

Terwyl jy in die ry wag:

- Staar 1,5 meter weg van die ander mense.
- Sorg dat jy jou lapmasker veilig opgesit het.
- Moet nooit maskers met ander mense deel nie.
- Maak jou hande met handreinigers skoon voor- en nadat jy 'n OTM gebruik het.
- Net 'n sekere aantal mense sal in die winkel toegelaat word – wees asseblief geduldig.

By die winkel se ingang:

- Vee die winkeltrouie of mandjie se handvatsel af met weggooibare ontsmetlappies.
- Maak hande met handreinigers skoon.
- Gaan net by die winkel in wanneer daar gesê word jy kan.

Terwyl jy inkopies doen en wanneer jy die winkel verlaat

Terwyl jy inkopies doen:

- Bly 1,5 meter weg van ander mense.
- Gebruik 'n trolle, selfs al het jy dit nie nodig nie om te help om fisieke afstand te behou.
- Moenie aan jou gesig vat of met jou masker vroetel nie.
- Hoes of nies in 'n sneesdoekie of jou elmboog. Gooi die sneesdoekie veilig weg.
- Probeer om nie aan te veel produkte te vat nie. Kies die artikel voordat jy dit optel.

Wanneer jy die winkel verlaat:

- Maak jou hande met handreiniger skoon.
- Hou jou masker op totdat jy gereed is om dit veilig af te haal.
- Moenie die masker aftrek tot om jou nek nie.
- Moet nooit maskers met ander mense deel nie.

Wanneer jy by die huis aankom:

- Haal die masker veilig af.
- Maak jou hande dadelik met handreiniger of seep en water skoon.
- Pak kruidentersware uit. As 'n ekstra voorsorgmaatreeël kan jy ook die kruidentersware wat in plastiek, glas en blik verpak is met warm water of 'n verdunde ontsmettingsmiddel afvee en laat droog raak voordat jy dit wegpak.
- Maak hande weer skoon.
- As jy herbruikbare materiaal-inkopiesakke gebruik, was dit in warm seepwater na elke gebruik.



Wanneer jy inkopies doen, sorg dat jy te alle tye jou lapmasker oor jou neus en mond dra.

ICoronavayirasi: Indlela yokuthenga ngokukhuselekileyo

Ngaphambi kokuya ezivenkileni, ngeli xesha usafole emgcezi wokungena evenkileni

Ngaphambi kokuya ezivenkileni

- Sukuya ezivenkileni xa ungaziva mnandi. Cela omnye wabahlobo bakho akuncede.
- Yenza uluhlu lwezinto ofuna ukuzithenga kwaye uye ezivenkileni xa ikho ngenene imfuneko. Thenga izinto eziya kukugcina iveki enye (1) ukuya kwezimbini (2).

Ngexesha usalinde emgcezi

- Gcina umgama oyii,5 yeemitha phakathi kwakho nabanye.
- Qinisekisa ukuba uyifake kakuhle imaskhi yelaphu ngokukhuselekileyo.
- Ungabolekisini nomnye umntu ngeemaskhi.
- Coca izandla zakho ngesanitayiza yezandla ngaphambi nasemva kokuba usebenzise iATM.
- Kuya kungena inani elithile labantu evenkileni – nceda ube nomonde.

Emnyango ongena evenkileni

- Coca iindawo zokubamba zetroli okanye ezebhaskithi ngamaphetshana afumileyo anesanitayiza.
- Coca izandla zakho ngesanitayiza yezandla.
- Ngena evenkileni wakuba



Emnyango ongena evenkileni coca izandla zakho ngesanitayiza yezandla.

uyalelwe.

Ngexesha uthengayo naxa ugqibile

Xa uphuma ezivenkileni

- Gcina umgama oyii,5 yeemitha phakathi kwakho nabanye.
- Sebenzisa itroli nokuba

awuzuyisebenzisa, ukuncedisa ekugcineni umgama phakathi kwakonabanye.

- Ungazibambi ubuso yaye ungayiphathaphathi imaskhi.
- Khohlela okanye uthimlele kwishushu okanye engqinibeni.

Yilahle ngokukhuselekileyo ithishu.

- Lumkela ukumana uzibamba-bamba izinto ezishelfini. Qiniseka ngento ofuna ukuyithenga ngaphambi kokuba uyithathe.

Xa uphuma evenkileni

- Coca izandla zakho ngesanitayiza.
- Mayisoloko ifakiwe imaskhi ngalo lonke ixesha ude ube ukwindawo efanele ukuba uyikhulule ngokukhuselekileyo.
- Musa ukuyitsala uyijikajike entanyeni imaskhi.
- Ungabolekisini nomnye umntu ngeemaskhi.

Xa ufika ekhaya

- Yisuse ngokukhuselekileyo imaskhi
- Zicoce ngoko nangoko izandla ngesanitayiza yezandla okanye ngesepha namanzi.
- Khupha igrosari yakho eziplastikhini. Ukongeza ukhuseleko, yisule imveliso eboshwe ngeplastikhi, iiglasini neetoti ngamanzi ashushu okanye ngamanzi anesibulali-zintsholongwane uyiyeke yome ngaphambi kokuba uyipakishe.
- Zicoce kwakhona izandla.
- Ukuba usebenzisa iingxowa zokugrosara esenziwe ngefabrikhi eziphinda zisebenziseke, zihlamba ngamanzi anesepha ashushu qho ugqiba kuzisebenzisa.

ARE YOU REGISTERED ON THE LANGEBOG SMS OR E-MAIL DATABASE?



HOW TO REGISTER

Please provide us with the following information:

- Name & Surname
- Cell Number and or E-mail address
- Street Address
- Municipal Account Number
- Language Preference (Afrikaans or English)
- Ward Number

on any the following platforms:

E-Mail:

debiteure@langeberg.gov.za

SMS & WhatsApp:

066 101 1632 or 066 163 9862

**Facebook, Twitter & Instagram:
Langeberg Municipality**



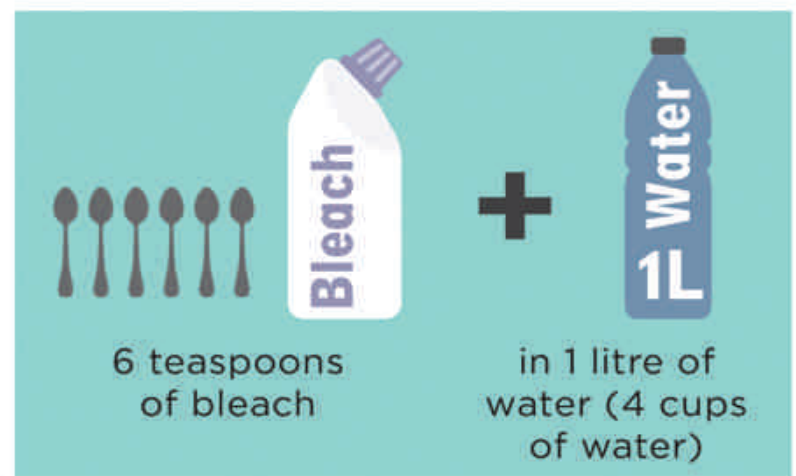
CORONAVIRUS

Let's STOP the spread

- When a person with coronavirus coughs or sneezes, they leave the virus on surfaces. The virus spreads when you touch these surfaces and then touch your face, eyes, nose or mouth.
- Cleaning and disinfecting these surfaces will help reduce the spread of COVID-19, especially frequently touched public surfaces like door handles, ATM keypads and taxi seats or surfaces in your home when someone has COVID-19.
- Cleaning will remove the dirt, disinfecting will remove germs including coronavirus.

How to clean and disinfect surfaces

- Wear gloves when cleaning and disinfecting. If gloves are not disposable, reuse them only for cleaning and disinfecting.
- If surfaces are dirty, first clean these surfaces with a detergent or soap and water.
- To disinfect, mix 6 teaspoons of bleach with 1 litre (4 cups) of water.
- Apply to the surface, leave it for 2 minutes, then wipe off with water.



Bleach is poisonous

- Do not mix bleach with other cleaning products.
- Do not drink bleach.
- Keep bleach away from children.
- Open windows and doors while using bleach to let fumes out.



If someone at home has coronavirus, try prevent its spread:



- Clean and disinfect high touch surfaces daily in the house (tables, chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks).
- Put used cloths or paper towels or disposable gloves immediately in a plastic bag to prevent coronavirus from spreading.
- Don't touch your face while cleaning.



When finished, wash your hands well with soap and water for 20 seconds.

Hotlines:

0800 029 999 or 021 928 4102 or 0800 111 132

For more information:

www.westerncape.gov.za/coronavirus



Western Cape
Government
Health



UNIVERSITY OF CAPE TOWN
YUNIBESITHI YASEKAPA • UNIVERSITEIT VAN KAAPSTAD



GUIDELINES FOR FUNERALS IN THE LANGEBERG MUNICIPALITY DURING COVID-19

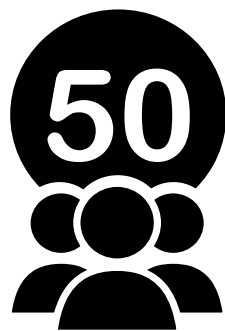


It is important that families and funeral undertakers acquaint themselves with the different risk levels and the applicable regulations. These regulations might change whenever the alert levels are adjusted and it would determine movements between provinces, metropolitan areas or district municipalities and where to obtain the required permits for traveling to and from funerals. *Section 35 of the Regulations: Alert Level 3 during Covid-19 Lockdown* clearly stipulates how funerals should be conducted. **Complete guidelines available at www.langeberg.gov.za**



Movement between provinces, metropolitan areas or districts by a person intending to attend a funeral is only permitted if the person is:

- a spouse or partner of the deceased; child or grandchild of the deceased, whether biological, adopted, stepchild, or a foster child;
- child-in-law of the deceased;
- parent of the deceased whether biological, adopted or stepparent;
- sibling, whether biological, adopted or stepbrother or sister of the deceased; or grandparent of the deceased.



- **Attendance at a funeral is limited to 50 persons and is not regarded as a prohibited gathering.**
- Night vigils are prohibited.
- During a funeral, all health protocols and social distancing measures must be adhered to in order to limit exposure of persons at the funeral to COVID-19.

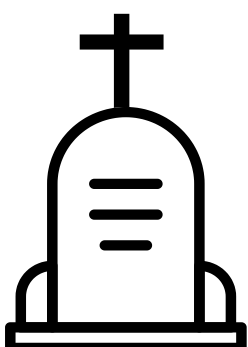
FUNERAL ARRANGEMENTS

- All COVID-19 related funerals in the Langeberg Municipal area, will take place within 3 days, as required by the Western Cape Department of Health.
- No community halls will be available for funeral services.
- An attendance register of all mourners, stating:
 - full names,
 - ID numbers,
 - addresses and;
 - contact phone numbersmust be kept and submitted to the municipality for contact tracing purposes.

DAY OF COVID-19 FUNERAL

- Cremation is recommended where a person has passed on due to COVID-19.
- A burial or cremation of the mortal remains of a person who died of COVID-19 must be carried out in terms of the Human Remains Regulations.
- Burial services should not exceed two hours.
- Only close family members should attend the funeral of a person that died of COVID-19.
- A COVID-19 patient should not attend a burial service irrespective of his or her relationship with the deceased.

THE LOCAL SAPS OFFICE MUST BE INFORMED OF ALL FUNERAL SERVICES TAKING PLACE.



CEMETRIES

There are 15 cemeteries in the municipality and while the capacity might vary, there is no specially designated cemetery for those who passed on due to Covid-19. Families are encouraged to work with their selected funeral undertaker to ensure that all paperwork is submitted and payments are made timeously to ensure no disruptions with their respective funeral arrangements.

Undertakers do not need to visit any of our offices but are encouraged to contact the municipality via email bookings@langeberg.gov.za or telephonically.

ASHTON

Esley Skade
023 615 8000

BONNIEVALE

Michiel Rabie
023 616 8000

McGREGOR

Selena Adonis
023 626 8200

MONTAGU

Willem Mouries
023 614 8000

ROBERTSON

Selena Adonis
023 626 8200



Coronavirus: How to work safely

Prepare well and stay safe before work

Before work

- If unwell, stay at home.
- Report any symptoms (such as a cough, fever/chills, sore throat, body aches, loss of smell or taste, or shortness of breath) to your supervisor before going to work.
- Contact your health-care practitioner or provincial hotline on 021 928 4102 for advice on further assessment and testing.

On the way to work

- Cover your nose and mouth all the time. Avoid touching your face. If you do clean your hands immediately.
- Never share a mask with another person.
- Try to keep 1,5 metres apart from others.
- Obtain two to five cloth masks, as you need a clean, dry one each day. Carry a clean spare.

When you arrive at work

- Clean hands well for at least 20 seconds as you arrive.
- Expect to be asked about common symptoms of Covid-19. Your temperature may be checked.
- Avoid hugging, kissing, shaking hands, high fives.



When you arrive at work, expect to be asked about common symptoms of COVID-19. Your temperature may also be checked.

At work and taking breaks

When at work

- Pay attention to your physical environment so you can maximise space between people.
- In shops, keep aisles clear to avoid congestion.
- In offices, put a space between desks.
- In factories, put as much space between work stations as possible.
- Wear masks and visors correctly.
- Cover your mouth and nose all the time with a cloth mask, and avoid tilting visors up. These are ineffective if worn incorrectly.

- Avoid touching/fiddling with the mask. If you do, wash hands immediately.
- Clean and disinfect frequently touched objects and surfaces (such as cellphones, countertops, doorknobs, light switches, key pads, tables, chairs, toilets, taps, sinks) as often as possible using a diluted bleach solution (6 teaspoons per 1 l of water).
- Wash hands well for at least 20 seconds frequently.

When taking breaks

- Stagger breaks to avoid crowded tea rooms. Take a break outside, if possible.
- Keep 1,5 m apart from co-workers.
- If wearing a mask and need to eat or drink, carefully remove it without touching the outside, and store it in a container or bag labelled with your name.
- Always wash your hands well before eating or drinking.

Leaving work, arriving home and your mental health

When you leave work

- Wash your hands before leaving.
- Wear a mask properly on your way home.
- Keep hand sanitiser in a bag and use it to clean your hands after

touching public surfaces.

On arriving home

- Remove your shoes and leave them outside, or just inside the door, before entering home.
- As you come in remove your cloth mask without touching in on the outside.
- Then remove your work clothes.
- Put them straight into a hot wash or bucket with hot water and soap, along with a reusable fabric shopping bag used for lunch.
- Thoroughly wash hands and arms as soon as you enter your home.
- Immediately have a shower/bath/wash.
- Avoid hugs, kisses and direct contact with your family members until after the shower/bath/wash.
- Dry your cloth mask and work clothes in the sun (or tumble dryer, if you have one) and iron to disinfect.

Look after your mental health

- Talk to your family and friends, and take time to relax.
- Exercise regularly.
- Limit alcohol and avoid drugs.
- Seek help if you are struggling with depression, mental illness or domestic violence.
- Mental health helpline – for counselling and support for mental health problems or substance abuse: 0800 12 13 14 (a 24-hour helpline).

Koronavirus: Hoe om veilig te werk

Berei jouself voor en bly veilig

Voor werk:

- As jy siek is, bly by die huis. Meld enige simptome aan (soos hoes, koors of kouekoors, seer keel, lyfseer, reuk- of smaakverlies of moeilike asemhaling) by jou toesighouer voordat jy werk toe kom.
- Skakel jou gesondheidsorgpraktisyn of die provinsiale hulplyn by 021 928 4102 vir raad oor verdere assessering en toetse.

Op pad werk toe:

- Bedek jou neus en mond die hele tyd. Probeer om nie aan jou gesig te raak nie. As jy dit wel doen, maak jou hande dadelik skoon.
- Moet nooit 'n masker met iemand anders deel nie.
- Probeer om 1,5 meter weg van ander mense te staan.
- Kry twee tot vyf lapmaskers omdat jy elke dag 'n skoon, droë masker nodig het. Dra 'n ekstra skoon een saam met jou.

Wanneer jy by die werk aankom:

- Was jou hande vir minstens 20 sekondes as jy by die werk kom.
- Jy sal na verwagting uitgevra word oor algemene COVID-19-simptome.
- Jou temperatuur kan gemeet word.
- Vermoed drukkie, soentjies,

handdrukke en vatvywe.

By die werk en gedurende etenstye

Wanneer jy by die werk is:

- Wees bewus van jou fisieke omgewing sodat jy soveel as moontlik ruimte tussen mense kan hou.
- In die winkels, hou gange oop om opeenhoping te vermy.
- In kantore, plaas lessenaars uit mekaar.
- In fabriek, skep soveel as moontlik ruimte tussen werkstasies.

Dra maskers en gesigskerms op die regte manier:

- Bedek jou mond en neus heeltyd met 'n lapmasker en probeer om nie gesigskerms op te lig nie. As dit nie op die regte manier gedra word nie, is dit nie doeltreffend nie.
- Probeer om nie aan die masker te vat of daarmee te voetel nie. As jy dit wel doen, was jou hande onmiddellik.

Maak voorwerpe en oppervlakke wat dikwels aangeraak word (soos selfone, toonbanke, deurhandvatsels, ligskakelaars, sleutelborde, tafels, stoele, toilette, krane, wasbakke) so dikwels as moontlik skoon deur 'n verdunde bleikmiddeloplossing (6 teelepels per 1 liter water) te gebruik. Was hande deeglik op 'n gereelde

basis vir minstens 20 sekondes.

Wanneer jy etenstye neem:

- Versprei etenstye om oorvol teekamers te vermy. Neem etenstye buite indien moontlik.
- Bly 1,5 meter weg van jou kollegas.
- As jy 'n gesigskerm dra, haal dit af sonder om aan die buitekant te raak en plaas dit op 'n aangewese plek. Vee dit af met 'n verdunde bleikmiddeloplossing voordat jy dit weer opsit. Ontsmet oppervlak waarop dit was.
- As jy 'n masker dra en moet eet of drink: haal dit versigtig af sonder om aan die buitekant te raak en plaas dit in 'n houer of sakkie met jou naam op.
- Was jou hande altyd deeglik voordat jy eet of drink.

Na werk, wanneer jy by die huis kom en jou geestesgesondheid

Na werk:

- Was jou hande voordat jy huis toe gaan.
- Dra jou masker op die regte manier op pad huis toe.
- Hou handreiniger by jou en gebruik dit om jou hande skoon te maak nadat jy aan oppervlakke in die openbaar geraak het.

Wanneer jy by die huis kom:

- Trek jou skoene uit en los dit buite, of net binne die deur, voordat

jy inkom.

- Soos jy inkom, haal jou lapmasker af sonder om aan die buitekant te raak.
- Trek dan jou werksklere uit.
- Plaas dit dadelik in warm wasmasjienwater of 'n emmer met warm water en seep, saam met die herbruikbare materiaalinkopiesak wat jy vir middagete gebruik het.
- Was jou hande en arms deeglik sodra jy by die huis inkom.
- Klim onmiddellik in 'n stort of bad of was jou met warm water.
- Wag eers tot nadat jy gestort, gebad of gewas het vir drukkie, soentjies en direkte kontak met jou familieleden.
- Laat lapmasker en werksklere in die son droog raak (of plaas dit in die tuimeldroër as jy een het) en stryk dit om dit te ontsmet.

Kyk na jou geestesgesondheid:

- Praat met familie en vriende en skep tyd om te ontspan.
- Doen gereeld oefening.
- Beperk alkoholgebruik en vermy dwelms.
- Kry hulp as jy sukkel met depressie, geestestoestand of gesinsgeweld.
- Geestesgesondheidshulplyn – berading en ondersteuning vir geestesgesondheidsprobleme of middelmisbruik 0800 12 13 14 (24-uur-hulplyn).

Ungasebenza njani ukhuseleke kwicoronavayirasi

Amalungiselelo ekufuneka uwenzile ngaphambi kokuba uye emsebenzini ukuze uhlale ukhuselekile

Ngaphambi kokuba usebenze

- Ukuba uyagula, hlala ekhaya.
- Ukuba unezimpawu zilandelayo (ezifana nokukhohlela, ifiva/ ingqe, umqala obuhlungu, ukungaliva ivumba nencasa okanye ukuba nephika) yazisa umphathi wakho ngaphambi kokuba uye emsebenzini.
- Fonela umsebenzi wezempilo okanye ihotline yePhondo kule nombolo 021-928 4102 ufumane iingcebiso malunga nokujongwa nokuvavanyelwa icorona.

Endleleni eya emsebenzini

- Gquma impumlo yakho nomlomo ngalo lonke ixesha. Ungabuphathi ubuso bakho. Ukuba ukwenzile oko hlamba izandla zakho ngoko nangoko.
- Akubolekisini nomnye umntu ngemaskhi.
- Gcina umgama ongange-1,5 iimitha phakathi kwakho nabanye abantu.

Xa ufika emsebenzini

- Hlambisisa izandla zakho iisekondi ezingama-20 xa ufika emsebenzini.
- Lindela ukuba ubuzwe malunga neempawu ezixhaphakileyo zeCOVID-19.
- Uya kujongwa amaqondo obushushu omzimba wakho.
- Musa ukwanga, ukuphuza, ukuxhawula izandla, nokwenza iihigh fives.

Ngamaxesha okutya

Xa usemsebenzini

- Jonga izinto ezikufutshane kuwe ukuze ukwazi ukuvula umgama owaneleyo phakathi kwabantu.
- Ezivenkileni, iindawo zokuhamba phakathi kweeshelfu makungabikho zinto zivale indlela ukunqanda ukuxinana kwabantu.
- Ezi-ofisini, idesika maziqelelane.
- Ezifektri, makubekho umgama owaneleyo phakathi kweendawo zokusebenza.

Nxiba imaskhi nevisors



Coca qho ngesibulali ntsholongwane iizinto eziphathwa ngezandla neendawo eziphathwa ngezandla kakhulu ezifana neseli, iikhawuntari, iindawo zokuvula iminyango, iiplagi zokulayita, ikeypads, iitafile, izitulo, iitepu kunye iisinki.

ngokufanelekileyo.

- Gquma umlomo nempumlo ngalo lonke ixesha ngemaskhi yelaphu kwaye ungamane uyinyusa ivisors. Ezi zinto azisebenzi ukuba azinxitywanga kakuhle.
- Sukuyibamba/ ube uyiphathaphatha imaskhi. Ukuba ukwenzile oko, hlamba izandla zakho ngoko nangoko.

Coca qho ngesibulali ntsholongwane iizinto eziphathwa ngezandla neendawo eziphathwa ngezandla kakhulu (ezifana neseli, iikhawuntari, iindawo zokuvula iminyango, iiplagi zokulayita, ikeypads, iitafile, izitulo, iitepu, iisinki) kangangoko usebenzisa umxube weblitshi (amatisipini ama-6 eblitshi kwilitha nganye yamanzi.

Hlambisisa izandla zakho iisekondi ezingama-20.

Ngamaxesha okutya

- Hlenga-hlengisa amaxesha okuphuma ukuze abasebenzi bangaphumi ngexesha elinye kugcwele kwiindawo yokuphungela. Abasebenzi mabaphume phandle ngexesha lokuphumla ukuba bayakwazi ukwenza oko.
- Gcina umgama ongange-1,5 iimitha phakathi kwakho nabanye abantu.
- Ukuba unxibe ivisor, yikhulule ungakhange uwuphathe umphandle wayo uyifake kwindawo elungiselelwe oko. Yisule ngomxube weblitshi ngaphambi kokuba uyinxibe kwakhona. Sula indawo le ibibekwe kuyo ngamanzi anesibulali ntsholongwane.
- Ngalo lonke ixesha hlambisisa izandla zakho ngaphambi kokuba utye.

Xa uphuma emsebenzini, ukufika kwakho ekhaya nempilo yakho yasengqondweni

Ukuphuma kwakho emsebenzini

- Hlamba izandla zakho ngaphambi kokuba uphume.
- Nxiba imaskhi yakho kakuhle endleleni eya ekhaya.
- Yiba nesanithayisa ebhegini yakho, uyisebenzise ukucoca izandla emva kokuphatha iindawo eziphathwa ngumntu wonke.

Xa ufika ekhaya

- Khulula izihlangu uzishiye phandle, okanye kwicango elingaphakathi, ngaphambi kokuba ungene endlini.
- Njengoko ungena endlini, khulula imaskhi yelaphu ungakhange uwuphathe umphandle wayo.
- Khulula impahla yomsebenzi.
- Yifake emanzini ashushu okanye kwibhakethi elinamanzi ashushu nesepha kwakunye nala bhegi yefebrikhi ubufake kuyo ukutya kwakho.
- Hlambisisa izandla neengalo zakho emva kokuba ungenile endlini.
- Ngoko nangoko ngena kwishawa/ ibhafu uhlambe.
- Musa ukwanga, ukuphuza nokubambana namalungu osapho ungekahlambi oko ungakwenza emva kokuba uhlambile.
- Iimaskhi yelaphu nempahla yomsebenzi yoneke yome elangeni (okanye uyifake kwidraya yempahla ukuba unayo) uyi-ayine ukubulala iintsholongwane.

Yijonge impilo yakho yasengqondweni

- Thetha nosapho lwakho nabahlobo ube nexesha uphumle.
- Wenze imithambo qho.
- Ungabuseli utywala ungazisebenzisi iziyobisi.
- Funa uncedo ukuba unengxaki yedipreshini, nezigulo ezichaphazela ingqondo okanye impatho gadalala ekhaya.
- IMental health helpline –ufumana iingcebiso nenkxaso kwiingxaki ezichaphazela ingqondo okanye ukusetyenziswa kakhulu kweziyobisi 0800 12 13 14 (uvula iiyure ezingama-24-lomnxeba woncedo).
- zingama-24-lomnxeba woncedo).

URGENT: LOCAL SMMEs MUST UPDATE DETAILS



All local small businesses on the database of Langeberg Municipality's LED Department please contact us at 023 626 8201 / 8222 to update your email address and cell phone number.

We need your contact details to forward important information to you if necessary.



COVID-19

PREVENT AND PROTECT

National Hotline:

0800 029 999

Provincial Hotline:

+27 21 928 4102

National WhatsApp:

+27 600 123 456

1



WEAR A FACE MASK

When in public or public places, always wear a face mask. Make sure that it fits over your nose and under your chin.

2



WASH OR SANITIZE HANDS

Wash your hands as often as possible with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.

3



MAINTAIN PHYSICAL DISTANCE

Try to maintain a safe physical distance from others. When possible, keep a distance of at least 1.5-meters from others.

4



STAY AT HOME

Only leave your house for work, school or to do essential business like shopping and do not allow others to visit you.

5



COUGH/SNEEZE IN YOUR ELBOW

Cover your mouth and nose with your bent elbow or use a tissue when you cough or sneeze. Do not use your hand.



WEAR A FACE MASK

According to the lockdown regulations, it is compulsory to wear a face mask in public or in a public place. This can be a reusable cloth mask or a surgical mask that should only be used once.

Most shops, restaurants, banks and municipal and government buildings would not allow you to enter unless you wear a face mask.

Wearing a mask would prevent you from spreading the virus if you are sick or from getting the virus if someone with it coughs or sneezes into you.



COVER YOUR NOSE

The mask should cover your nose and mouth at all times in order to be effective.

If your nose is exposed, you are still able to pick up the virus as well as spread it if you have it. Make sure that there are no openings on the sides where the virus may enter.

Wash and iron your reusable face mask after use.



NO MASK UNDER YOUR CHIN

A mask under your chin is as good as no mask at all.

The mask should fit snugly over your nose and under your chin with the elastic bands around your ears.

Do not touch your face while you have the mask on and make sure that the mask is clean at all times. Do not let anyone else use your face mask but use a surgical mask only once.



MAINTAIN PHYSICAL DISTANCE

Try to maintain a safe physical distance from others. When possible, keep a distance of at least 1.5-meters from others when talking to them or when in a queue at an ATM, shop or municipal building.



AVOID CROWDS

Avoid places where large groups of people would congregate. Do not attend parties or social gatherings. These not allowed under the lockdown regulations.



AVOID IN-PERSON MEETINGS

Unavoidable in-person meetings should take place in a large area where it is possible to keep a distance. Call, text or email each other instead.



AVOID PUBLIC TRANSPORT

It is almost impossible to keep a safe distance in a taxi, bus or train. Walk or cycle instead but if public transport is unavoidable, always wear a mask and try to maintain a distance from other commuters.



NO HUGS OR HANDSHAKES

Physical contact should be avoided at all cost. Handshakes, fist-bumps and hugs are not recommended. The elbow-bump is rather advised.

For all emergencies and customer service

All emergencies contact
0860 88 1111 or for complaints
complaints@langeberg.gov.za

QUERIES OR SUGGESTIONS?

Do you have any suggestions on how we can improve our communication with you? Or, do you perhaps have queries about any of our articles? Please contact Willy-John Gordon at wgordon@langeberg.gov.za, or visit us at the Municipal Building, 28 Main Road, Ashton, 6750.

NAVRAE OF VOORSTELLE?

Het u dalk enige voorstelle oor hoe ons ons kommunikasie met u kan verbeter? Of het u dalk navrae omtrent enige van ons artikels?

Kontak Willy-John Gordon by wgordon@langeberg.gov.za of besoek ons gerus by die munisipale gebou, Hoofweg 28, Ashton, 6715.

IMIBUZO OKANYE IINGCEBISO?

Ingaba unazo kusini na iingcebiso malunga nendlela esinokuphucula ngalo unxibelwano kunye nawe? Okanye, ingaba unemibuzo ethile malunga nelineye lamanqaku ethu?

Nceda ke uqhagamshelane no-Willy-John Gordon, ku-wgordon@langeberg.gov.za okanye umtyelele kwisakhiwo sakwaMasipala esise-28 Main Road, Ashton, 6715.



JOIN OUR SMS DATABASE

Email your municipal account number, ward number and cell number to Debiteure@langeberg.gov.za, or visit our nearest Municipal Office.

LANGEBERG
MUNICIPALITEIT MUNICIPALITY MASIPALA

www.langeberg.gov.za

Have you joined us yet?

Het jy al by ons aangesluit?

isiXhosa isiJoini Us?



Langeberg Municipality



Langeberg_Muni