

# LET'S **STOP** THE SPREAD

The **Coronavirus** is spreading, and while we must not panic, we do need to do everything we can to stop it.

## Practice Social Distancing

This means increasing the distance between yourself and others.

### Why is it important?

- More distance between people means less contact and chances for the virus to spread.
- Fewer infections mean less stress on our health care system during this pandemic.
- It ensures better protection for high-risk citizens, such as the elderly, chronic health sufferers, and pregnant women.

### When to isolate yourself?

If you have consulted your GP or public health practitioner on having:

- Symptoms of COVID-19.
- Close contact with someone who may have or has COVID-19.
- Travelled to ANY international location.

### How to socially distance yourself:

- Don't touch public surfaces if you can help it.
- No handshakes, hugs or kisses.
- Stay away from crowds:
  - Stay home, if you can.
  - Must leave home? Keep 1.5 metres away from others.
  - Sick? Stay home and call for advice.
  - Cancel your plans. No sleepovers, playdates, parties, sporting events, group sports or activities, meetings, conferences and dates.
  - Visit the grocery store when it's quiet and only if you have to.
  - Avoid public places like restaurants, bars, gyms, shopping malls, markets, cinemas, concerts, religious services.
  - If possible, don't use public transport.

### What more can you do?

- Please stay home if you are ill.
- Cough or sneeze into a tissue or the crook of your arm.
- Always throw away the tissue immediately in a closed bin.
- Wash your hands with soap for at least 20 seconds and at least every half an hour.
- Don't touch anybody outside of your immediate family.
- Don't touch your own face unless you have just washed your hands thoroughly.
- Clean/disinfect objects and surfaces you touch often.
- Show care for your community while practicing social distancing.

## STAY HOME IF YOU ARE ILL THIS IS IMPORTANT

24 National Hotline: 0800 029 999

24 Coronavirus Provincial Hotline: 021 928 4102

24 National WhatsApp: 0600 123 456



Western Cape  
Government

FOR MORE INFORMATION: [www.westerncape.gov.za](http://www.westerncape.gov.za)