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

health

Department:
Health
REPUBLIC OF SOUTH AFRICA

NDP 2030

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Stay home when you are sick, except to get medical care.
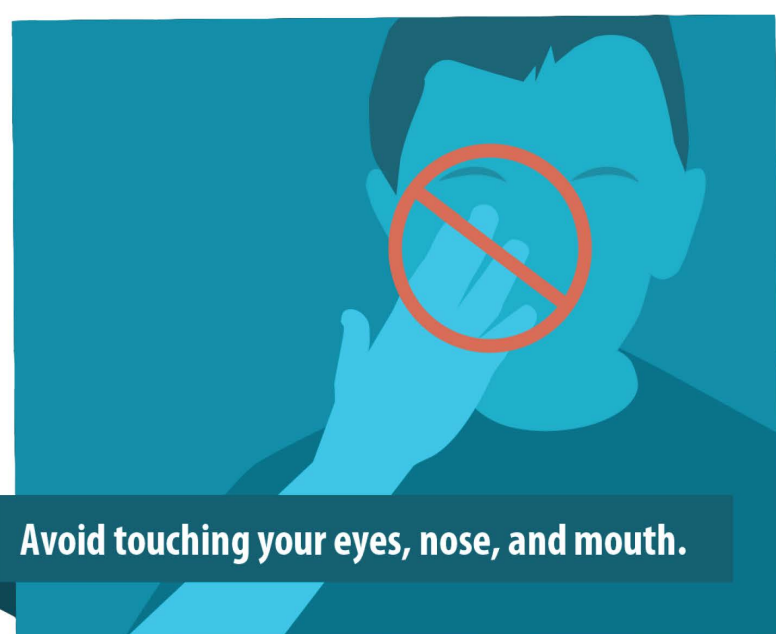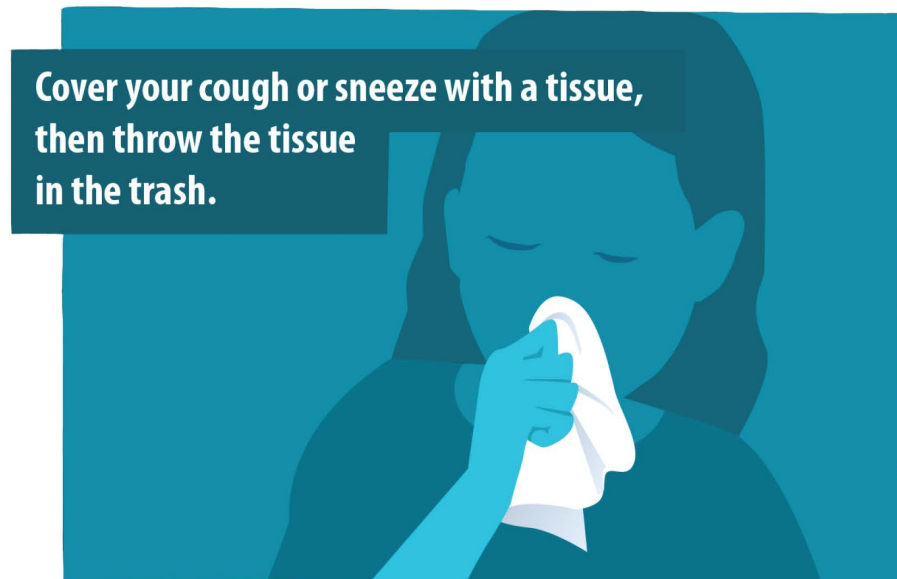
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Wash your hands often with soap and water for at least 20 seconds.

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.

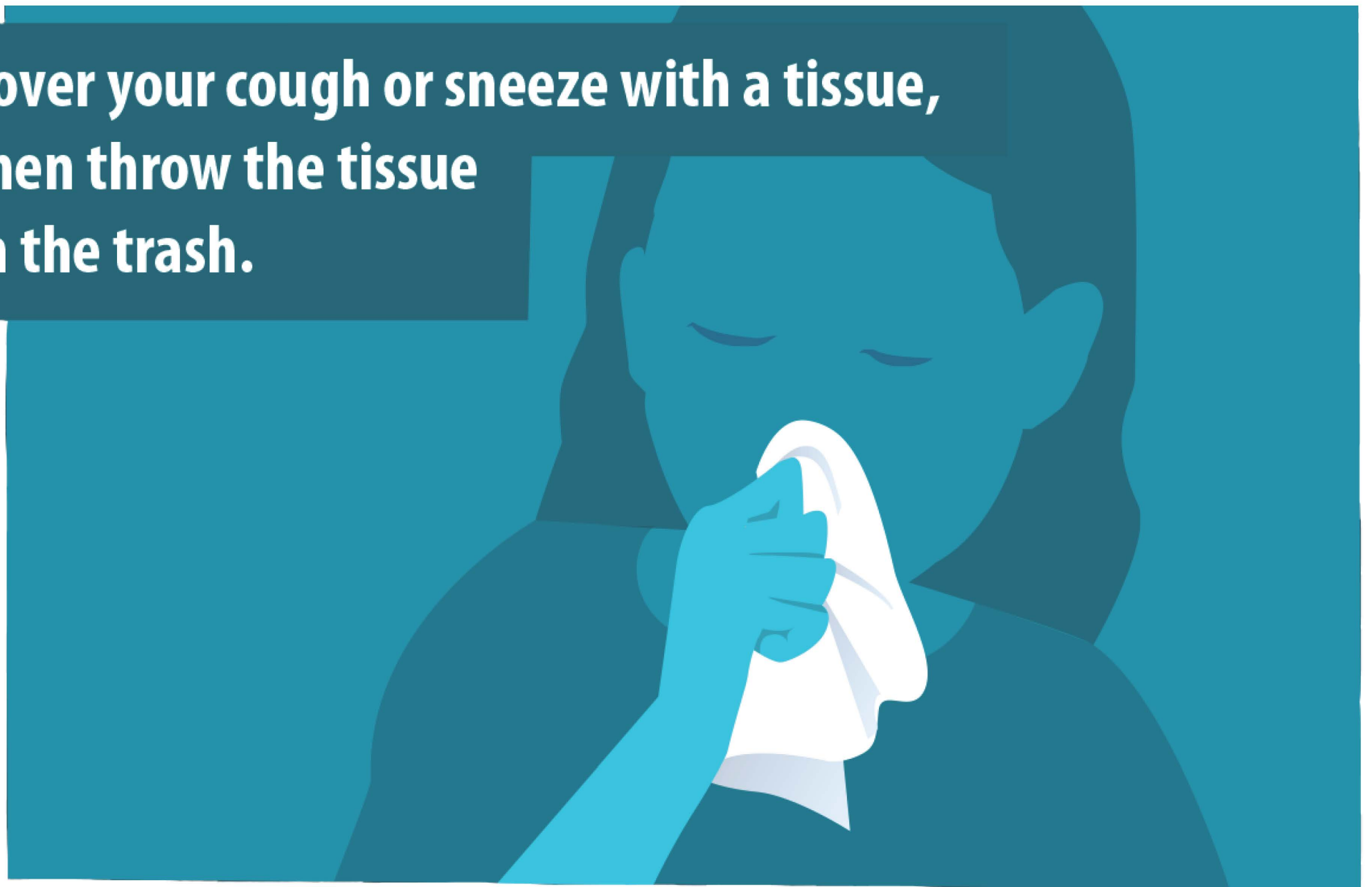**COVID-19 Hotline: 0800 029 999**

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2030 NDP

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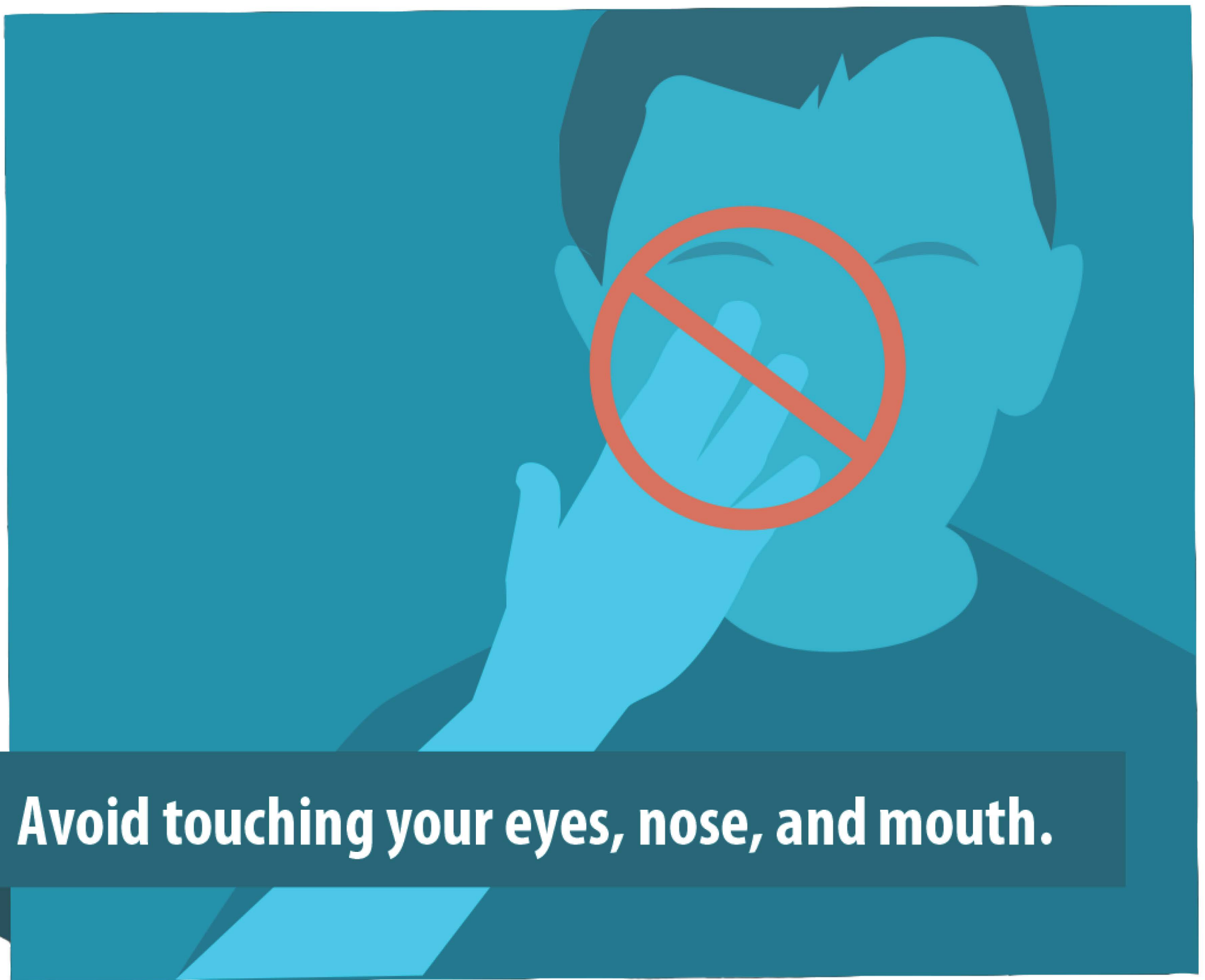
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