

Stay Safe



STAY SAFE

MOVE
FORWARD

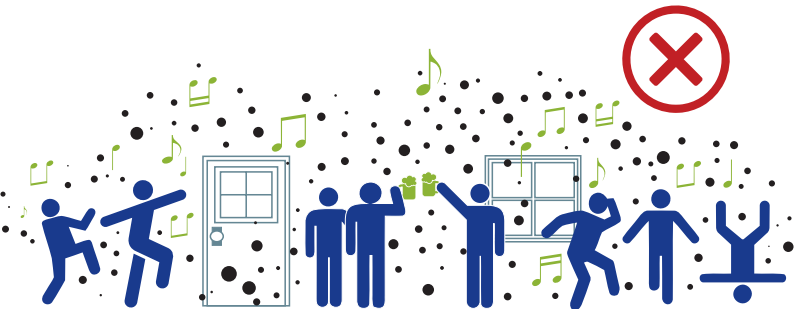


Western Cape
Government

COVID spreads through the air



- It spreads through the air when people breathe, talk, cough, sing or shout.
- It spreads quickly during waves that last several months.



How to protect ourselves

- Avoid gatherings until the third wave is over.
- Making sure we have as much fresh air as possible indoors.
- Wearing our masks when with others or leaving the house.
- If you must spend time with others, keep it small, short, outdoors and wear masks.





Mask up!

- A 3-layer cloth mask **halves** the amount of coronavirus you breathe in.
- Masks protect you and the other person - it shows you care.

If you develop coronavirus symptoms:

**Contact your health facility
or the Western Cape Call
Centre to discuss having
a COVID-19 test.**

**Western Cape call centre
0860 142 142**

**Assume you have COVID-19
and stay home for 10 days.
Try to stay separate from
others in your home. If you
can't wear a mask and open
doors and windows.**

Spend time with others safely



**Keep your bubbles small
and don't have too many.
Be sure that everyone
commits to taking
precautions to stay safe.**

Spend time with others safely



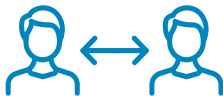
If you are sick, stay at home.



Postpone or cancel social gatherings



Wear a mask.



Keep physical distance from others.



**Don't spit, shout
or sing close to
other people.**



**Cover
your cough.**



**Wash or
sanitize
your hands
often.**



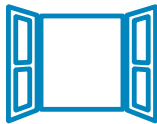
**Do not shake
hands, hug or kiss
anyone outside
those in your home.**



**Limit the size of
your gatherings
and keep
them short.**



**Meet
outside
where
possible.**



**If you must be inside, open
windows and doors to create
good airflow.**



Be extra careful if you are at risk of severe COVID-19: over 55 years or with diabetes, HIV, TB, kidney disease, hypertension, chronic lung disease or cancer.

Stay safe • VACCINATE



**Western Cape
Government**

**Western Cape call centre
0860 142 142**



**CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD**

www.westerncape.gov.za