

# IMPORTANT COVID-19 TIPS



- Make sure you have sufficient chronic medicine.
- Please ensure you take chronic medicine daily as prescribed.
- Medical facilities world wide pose a health risk as there are other patients with various medical conditions that can be infectious. Only utilise health services when required. Only the patient requiring treatment should visit medical facilities.
- The most common symptoms of COVID-19 are fever, tiredness, dry cough and difficulty breathing. Should you experience symptoms please see your healthcare provider.
- COVID-19 prevention measures:
  - Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
  - Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
  - Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
  - Avoid touching eyes, nose and mouth.
- Strictly adhere to lockdown arrangements in order for South Africa to overcome COVID-19.

**BE HEALTHY! BE SAFE!**

