**TOP 10 RULES FOR 21 DAY LOCKDOWN**

1. **STAY HOME**
   - Staying at home will help control the spread of the virus to friends, the wider community, and particularly the most vulnerable.

2. **DO NOT HOST**
   - Events are not allowed. A lockdown means everyone is on stay-at-home time, avoiding all outdoor and indoor gatherings, including social, religious, and sport activities.

3. **PUBLIC SPACES CLOSED**
   - Offices, restaurants, shops, etc. MUST be closed except for transactions of food, medical supplies, banking, etc., for a maximum of one week.

4. **LIMIT GOING OUT**
   - Keep any essential movements or casual movement to a minimum. Avoid leaving your home for food, medical supplies, banking, etc., for a maximum of one week.

5. **WASH YOUR HANDS**
   - Continue washing your hands frequently using soap and water, wash thoroughly for 20 seconds, and dry.

6. **COVER YOUR MOUTH**
   - Coughing? Sneezing? Remember to do this less! Even if you are below 16 years old, you must cover your mouth and nose with a flexed elbow or a tissue, and then dispose of it immediately.

7. **KEEP YOUR HOME CLEAN**
   - Clean and disinfect all surfaces you touch at home often. Don’t forget your doorknobs and door handles.

8. **STAY CALM AND CALL**
   - If you have a dry cough, a fever or a common cold, call an ambulance or the COVID-19 HOTLINE at 0800 092 999.

9. **REMEMBER LOVED ONES**
   - Check on family, friends, or neighbors who are elderly or have chronic medical conditions.

10. **STAY HEALTHY**
    - Maintain good nutrition and exercise. Keep your immune system healthy. If you have symptoms, see your doctor or a medical professional, such as a general practitioner or a hospital.

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