

#SOUTHAFRICALOCKDOWN

TOP 10 RULES FOR 21 DAY LOCKDOWN

Make national safety a priority



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

Visitors are a no-go! A lockdown means everyone is to stay where they are isolating. NO visiting. No hosting. No partying.



3 PUBLIC SPACES CLOSED

Offices, restaurants, shops, etc. MUST be closed with the exception of those selling groceries, banks, doctors offices, clinics, hospitals and police stations.



4 LIMIT GOING OUT

Keep any essential errands or outside movement to a minimum. Aim to leave your home for food, medical care or banking, etc. to once a week max.



5 WASH YOUR HANDS

Continue washing your hands frequently. Use soap and water, wash thoroughly for 20 seconds, each time.



6 COVER YOUR MOUTH

Coughing? Sneezing? Remember to do this into your inner elbow. You may not be showing symptoms but you should remain hygienic.



7 KEEP YOUR HOME CLEAN

Clean and disinfect all surfaces you touch at home often. Don't forget your devices and door handles!



8 STAY CALM AND CALL

If you have a dry cough, a fever or cannot breathe call an ambulance or the CORONA VIRUS HOTLINE 0800 029 999.



9 REMEMBER LOVED ONES

Check on family or neighbors who are elderly or have chronic medical conditions.



10 STAY HEALTHY

Hydrate as often as possible. Keep your immune system healthy. Should you have symptoms, use over-the-counter medications, such as paracetamol, to help.