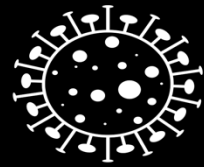




**SIFUNDA
KUNYE**
TOGETHER IN LEARNING



Coronavirus
COVID-19



Clean and disinfect frequently touched objects and surfaces.



Wash your hands often with soap and water for at least 20 seconds.



Avoid touching your eyes, nose, and mouth.



You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Practice social distancing by putting space between yourself & others.
- Wash hands often with soap & water for at least 20 seconds.

Why must I use a cloth face mask when going out in public?



The main benefit of everyone wearing a face mask is to **reduce the amount of Coronavirus or Influenza virus droplets being coughed up by those with the infection.** Since some persons with the Coronavirus may not have symptoms or may not know they have it, everyone should wear a face mask.



The National Department of Health recommends that:

Everyone should wear **CLOTH** face masks when in public.



Members of the public should not use N-95 and surgical masks; **medical masks remain reserved only for healthcare workers.**

Handwashing and social distancing still remain the most important prevention strategies for COVID-19



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