

LET'S **STOP** THE SPREAD

Keep your distance

Protect yourself and your family from getting COVID-19.



Stay home
if you can.



Must go out?
Keep **1.5 metres**
away from others.



No handshakes,
hugs or kisses.



Cough and sneeze into
a tissue or the corner
of your arm. Throw the
tissue away safely.



If possible,
don't use public
transport.



Avoid
gatherings.



Western Cape
Government

Coronavirus Provincial Hotline 021 928 4102

OR MORE INFORMATION: www.westerncape.gov.za/coronavirus