

Prevent the spread of COVID-19



Understand COVID-19 and the healthy habits you should follow to stay healthy and prevent the spread of the virus.

REMEMBER: the 2019 coronavirus spreads in the same way as the flu virus



It spreads through droplets



from coughs or sneezes



that get into your mouth, nose or eyes.

Viruses can live on:



hands, door knobs, pens, phones, keyboards and mouses, tissues, light switches, lift buttons, cups, staircase railings – almost anywhere you touch.

How to wash your hands



SING! 'Happy birthday' x 2 or 'Twinkle, twinkle little star'

Use soap and wash your:



Palms



Thumbs and between your fingers



The back of your hands



Under your nails and your wrists

Steps to take EVERY DAY that can help against getting flu and other similar viruses

The two best ways to stop a virus from spreading:

01

Always wash your hands,



nails and your lower wrists for at least 20 seconds with soap after being out in public and after touching anything, and keep surfaces clean with soap

02

Don't touch your face, mouth and eyes



Then



Keep a distance of 0.5 to 2 metres if someone coughs or sneezes.



Try to stay away from big crowds



Avoid touching things and rubbing your eyes or touching your face or anyone else's when your hands are not spotlessly clean.



Do not share eating utensils, cups or towels – everyone gets their own.

Stay informed and prevent the spread of COVID-19. Visit www.discovery.co.za for more information.

Stay informed. Stay in the healthy zone.