

COVID-19 (CORONA)

PROTECT YOURSELF AND OTHERS

SYMPTOMS OF THE CORONA VIRUS

Headache

Sore Throat

Cough

Fever

Shortness of breath



IF YOU EXPERIENCE ANY SYMPTOMS

Stay at home

Notify your superior

Notify a doctor

Get tested for COVID-19



Cough or sneeze into a tissue or flexed elbow



Dispose of used tissues properly directly after use



Avoid touching eyes, nose or mouth

(



Wash hands regularly with soap and water



Clean often used surfaces regularly



Avoid physical contact or greetings



Maintain 1M distance during faceto-face conversation



Wear a mask ONLY if you believe you are infected



Avoid people if you are ill or infected / Avoid large crowds



CORONA VIRUS OUTBREAK 24-HOUR HOTLINE NUMBER: 0800 029 999

Paper is recyclable, sustainable and contributes to forest development. Still the world's most powerful means of communication. Visit www.kalideck.co.za for more information.

More than Paper