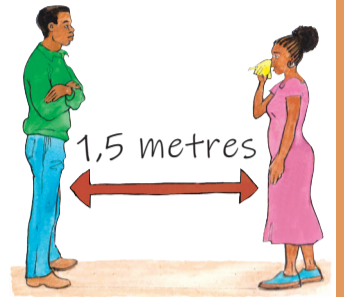# CORONAVIRUS
Let's STOP the spread

Social Distancing – why and how do we keep apart from each other?

- Coronavirus causes cough and fever. Most people with coronavirus get it mildly.
- When a person with coronavirus coughs or sneezes, they leave the virus on surfaces and in the air.
- You may catch coronavirus if:
  - You touch these surfaces and then touch your face, eyes, nose or mouth or
  - You have close contact (1,5 metres) with a person who has coronavirus.

1,5 metres

If we keep apart from each other, we allow less chance for the virus to spread to others.
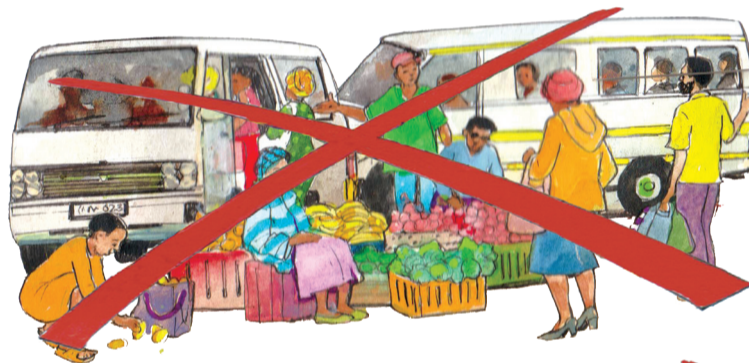
- This will help protect those at risk of severe coronavirus, like those over 60 years or those with HIV, TB, heart or lung problems.
- It will also mean less stress on our healthcare system so that those who need healthcare can still get it.

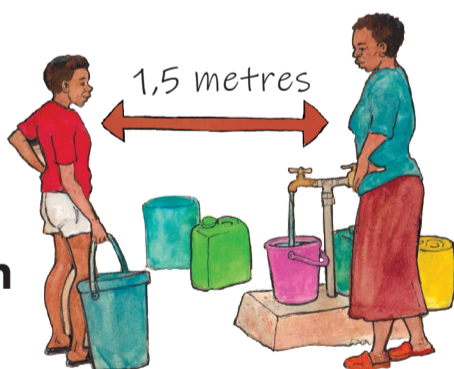## How do we keep apart from each other?

Stay home.

Only go shopping if you have to for food or medications.

Avoid public spaces and public transport if possible.

Do not shake hands, hug or kiss anyone outside those in your home.

Keep at least 1,5 metres apart from people.

1,5 metres

Cancel your social plans: no parties, sports events, meetings or group religious activities.

Show care for your community while practising social distancing.

Hotlines:

0800 029 999 or 021 928 4102 or 0800 111 132

WhatsApp "Hi" to 060 012 3456

For more information:
www.westerncape.gov.za/coronavirus

Western Cape Government
Health

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