

# COVID-19

**Help prevent the spread of respiratory diseases like COVID-19**

If you are mildly ill, stay at home. If you are short of breath, have a cough and fever and have underlying health issues, seek medical care.



 Call the COVID-19 Hotline: 0800 029 999

 Send 'hi' on Whatsapp to COVID-19 Connect: 060 012 3456

 Visit the website [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)

