

# COVID-19

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

**Wash your hands often with soap and water for at least 20 seconds.**

 **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)**

