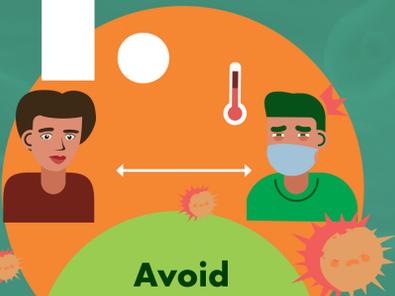


HOW CAN COVID-19 INFECTIONS IN HUMANS BE PREVENTED?

CURRENTLY THERE IS NO VACCINE FOR COVID-19

THE FOLLOWING CAN PROVIDE PROTECTION AGAINST INFECTION WITH CORONAVIRUSES AND MANY OTHER VIRUSES THAT ARE MORE COMMON IN SOUTH AFRICA:

1.



Avoid close contact with people who are sick.

2.



Cover your cough or sneeze with a flexed elbow or tissue and throw the tissue in a bin.

3.



Clean and disinfect frequently touched objects and surfaces.

4.



Stay home when you are sick and try to keep a distance from others at home.

5.



Avoid touching your eyes, nose, and mouth with unclean hands.

6.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a 60% alcohol-based hand sanitiser.

TOLL-FREE NUMBER 0800 029 999



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



NATIONAL INSTITUTE FOR
COMMUNICABLE DISEASES

Division of the National Health Laboratory Service