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isiZulu – Nomusa

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Somali -

**ENGLISH Text**

Stay safe and keep others safe during CoronaVirus times

|  |  |  |
| --- | --- | --- |
|  | PERSONAL CARE  Wash your hands often with soap for 20 seconds or use hand sanitizer (60% alcohol).  Avoid touching your face and surfaces with unwashed hands.  Cover your mouth with your elbow or a tissue when you sneeze or cough. Dispose the tissue off properly after use. |  |
|  | SOCIAL DISTANCING  Avoid using public transport where possible  Avoid close contact with people especially those with cold or flu-like symptoms  Do not kiss, hug or touch one another.  Public gatherings of more than 100 people are not allowed; avoid crowded places in any case. |  |
| Image result for sick person with Doctor image | FEELING SICK  Symptoms and What to do if feeling unwell  COVID-19 can cause fever, sore throat, cough and body aches.  If your symptoms get worse or you have difficulty breathing, then urgently contact your clinic or doctor. |  |

Contact the General Public Hotline 0800 029 999 for any questions or when you feel unwell. It operates from Monday to Friday 08:00-16:00. Alternatively use the WhatsApp line at 0600 123 456

Disclaimer: The list is not exhaustive as it stands. SAYAS shares here the basics only - for more detailed advice, medical experts can advise further.

