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Setswana -

siSwati -

Tshivenda – Mari, Fulufhelo

Xitsonga - Mari

Afrikaans – Tjaart, Benita

isiNdebele -

isiXhosa - Fanelwa

isiZulu – Nomusa

Shona -Amos, Rose

Ndebele -

French -

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Somali -

**ENGLISH Text**

Stay safe and keep others safe during CoronaVirus times

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| --- | --- | --- |
|  | PERSONAL CAREWash 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 DISTANCINGAvoid using public transport where possibleAvoid close contact with people especially those with cold or flu-like symptomsDo 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 SICKSymptoms 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.

