PREVENT THE SPREAD OF COVID-19 in

7 STEPS

01 Wash your hands frequently with soap and water.
Hlamba izandla zakho ngamanzi nesepha ngalo lonke ixesha.
Was jou hande gereeld met seep en water.

02 Cover your cough using the bend of your elbow or a tissue.
Khohlelela kumphakathi wengqiniba orkanye usebenzise i-tissue (uze uyilahle wakuqgiba).
Bedek jou hoes met n tissue of n gebuigde elmboog.

03 Avoid crowded places and close contact with anyone that has fever or cough.
Sukuzayamanisa nabantu abagulayo yi-fever, yingqele nokhohlokhohlo.
Vermy besige plekke en noue kontak met enigeen wat koors het of hoes.

04 If you have a fever, cough and difficulty breathing seek medical care early - but call first.
Xa usonganyelwa yi-fever, lukhohlokhohlo, kukuthimla nokunzinyelwa kukuphefumla, tsalela unxeba uGqirha wakho phambi kokuba ufike.
As jy koors het, hoes of moeilikheid het met asemhaling, soek vroegtydig mediese hulp – maar bel eers.

05 Get information from trusted sources.
Qinisekisa ukuba ufumana ulwazi kwiindawo ezithembekileyo.
Kry jou inligting van betroubare bronne.

06 Avoid touching your eyes, nose and mouth.
Sukubamba amehlo, impumlo kwakunye nomlomo wakho.
Vermy die aanraking van jou oe, neus en mond.

07 Stay at home if you feel unwell.
Hlala endlini xa uziva ungaphilanga.
Bly by die huis as jy siek voel.

TOGETHER WE CAN

Gxotha i-Covid-19

A RHODES UNIVERSITY COMMUNITY ENGAGEMENT CAMPAIGN

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