

LET'S **STOP** THE SPREAD

# Self-Isolating

Stop the spread of COVID-19.



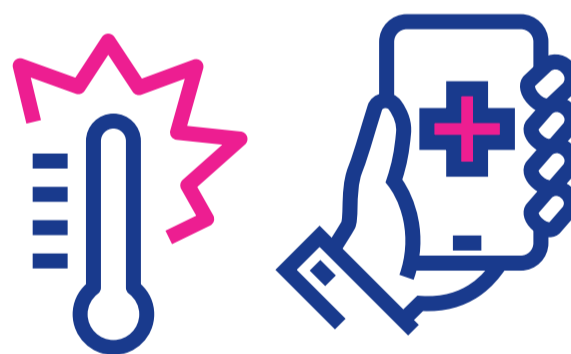
Stay home  
if you can.



If you've travelled  
overseas, self-quarantine  
for **14 days**.



If you've had contact  
with someone who has  
COVID-19, you must  
self-isolate for **14 days**.  
Seek advice.



If you develop flu-like  
symptoms, stay home  
and call hotline:  
**021 928 4102**



Western Cape  
Government

**Coronavirus Provincial Hotline 021 928 4102**

OR MORE INFORMATION: [www.westerncape.gov.za/coronavirus](http://www.westerncape.gov.za/coronavirus)

