

LET'S **STOP** THE SPREAD

# Keep your distance

Protect yourself and your family from getting COVID-19.



Stay home  
if you can.



Must go out?  
Keep **1.5 metres**  
away from others.



No handshakes,  
hugs or kisses.



Cough and sneeze into  
a tissue or the corner  
of your arm. Throw the  
tissue away safely.



If possible,  
don't use public  
transport.



Avoid  
gatherings.



Western Cape  
Government

**Coronavirus Provincial Hotline 021 928 4102**

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