



FRESHER IS BETTER.

Lots of fresh air and good ventilation help to protect us from Covid-19. Please make sure that you have plenty of both so we can keep moving forward.

STAY SAFE
MOVE FORWARD

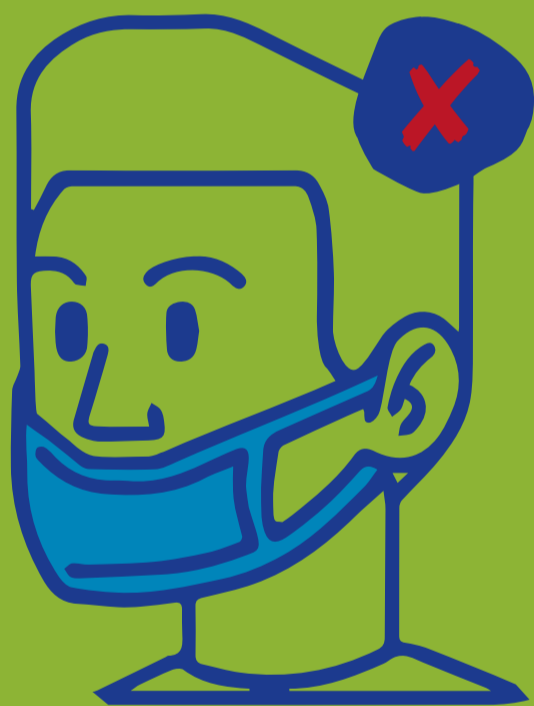


Western Cape
Government

Health

Sick? Stay home and call **080 928 4102**
or visit **www.westerncape.gov.za**

NOSE MEANS NO



A properly-worn mask won't just help to keep you safe, but also help us save jobs and grow our economy. Make sure yours covers your nose and your mouth.

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TAKE THE STAIRS AND KEEP A STEP AHEAD.

Something as simple as taking the stairs instead of the lift will reduce your chances of Covid-19 exposure - and help support your general health.



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HEALTHY CHOICES MEAN A TASTIER FUTURE.

Making healthier food decisions will support your immune system and general health – helping protect you from Covid-19 and keeping life moving forward. Whenever possible try and choose fresher, less refined foods and options that contain less sugar and salt.



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