





# LOOK AFTER YOUR HEALTH LOOK AFTER OUR FUTURE



As we move forward, it's important that we carry on looking after our general health – so that we can look after our future.

**We must take care of our general physical and mental health and wellness.**

 <p>Keep up to date with health appointments.</p>	 <p>Take chronic medication regularly.</p>	 <p>Don't miss family vaccinations.</p>	 <p>Eat healthy food and exercise.</p>
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To keep safe, it is important that we continue with the 5 Golden Rules of prevention. Take extra care to avoid areas where the risk of infection may be higher.

## MAKING SAFER CHOICES

As we move forward, it is important that we make safe choices. Try to avoid possible super-spreader events:

**AVOID**  
 \* poor ventilation  
 \* overcrowding  
 \* crowded indoor spaces

**Always wear a mask when in public and follow the 5 Golden Rules**



1. Wash hands
2. Don't touch face
3. Keep 1,5m apart
4. Cover your cough
5. Sick? Stay home



**Crowded places**



**Close-contact settings**



**Confined and enclosed spaces**

**STAY SAFE**  
**MOVE FORWARD**



Western Cape Government  
Health

Sick? Stay home and call **080 928 4102**  
 or visit <https://www.westerncape.gov.za/dept/health>