



CORONAVIRUS PREVENTATIVE MEASURES

THINGS TO **DO**



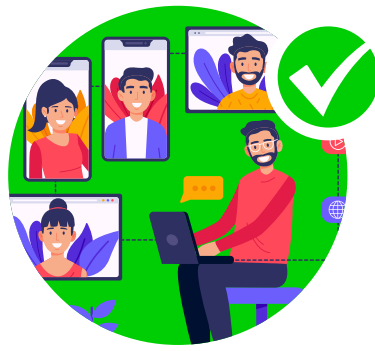
DO wash and sanitise hands frequently



DO cough and sneeze into a bent elbow or tissue



DO ensure food, including eggs, are thoroughly cooked



DO utilize video conferencing and teleconferencing for meetings when possible



DO report any symptoms especially high fever (above 38°) coughing, shortness of breath and joint pain

THINGS TO **AVOID**



AVOID close contact with sick people or people who have travelled to infected countries



AVOID touching your face and shaking hands when greeting



AVOID cross-contamination between raw and cooked products



AVOID raw meat, fish and unpasteurised dairy



AVOID travelling if you are sick and travelling to infected countries

CORONAVIRUS: **HOTLINE 0800 029 999**

TIP-OFFS ANONYMOUS

IF YOU KNOW OR SUSPECT ANY HEALTH, SAFETY AND/OR ENVIRONMENTAL CONCERNS YOU CAN CONTACT OUR TIP-OFFS ANONYMOUS HOTLINE:

**CALL US 24 HOURS A DAY,
365 DAYS A YEAR!**

SA Free Call: 0800 00 33 17
Email to: tsebo@tip-offs.com
International Toll Free SMS: +27 72 014 4445

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It is not a substitute of professional medical advice. Should you have any questions or concerns refer to www.nicd.ac.za