

CORONAVIRUS

PREVENTATIVE MEASURES

THINGS TO DO



DO wash and sanitise your hands frequently



DO cough and sneeze into elbow or tissue, discard tissue immediately



DO ensure food, including eggs, are thoroughly cooked



DO utilise video conferencing and teleconferencing for meetings



DO report symptoms of fever, coughing and shortness of breath

CORONAVIRUS HOTLINE: 0800 029 999

WE **DEVELOP** PEOPLE, TO **SERVE**
PEOPLE, TO **UPLIFT** SOCIETY

TSEBO

CORONAVIRUS

PREVENTATIVE MEASURES

THINGS TO AVOID



AVOID close contact with sick people or people who have travelled



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

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