

everyone should be doing the elbow bump to help protect their health and the health of others













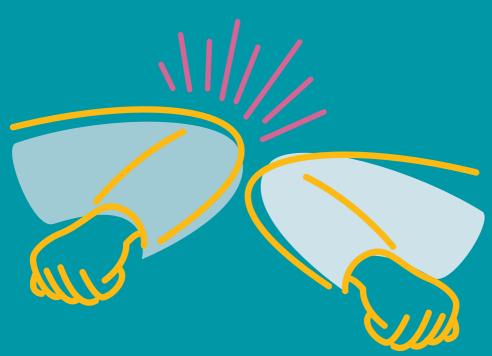
avoid crowded spaces to protect your health and the health of others











are you doing the elbow bump – it's the new way to shake and help protect one's health and the health of others

let us work as one to keep each other safe



hotline 0800 029 999 whatsapp: 0600 123456 @COVID_19_ZA sacoronavirus.co.za



integrated business support services





raise your elbow if you feel like coughing or sneezing -

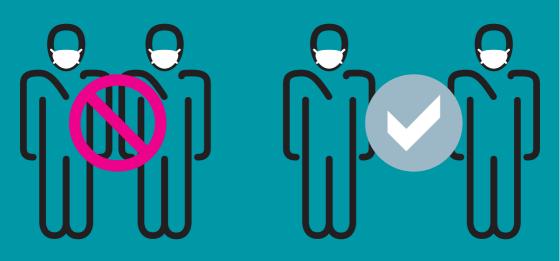
it's one way to help limit the spread of the Covid-19 virus











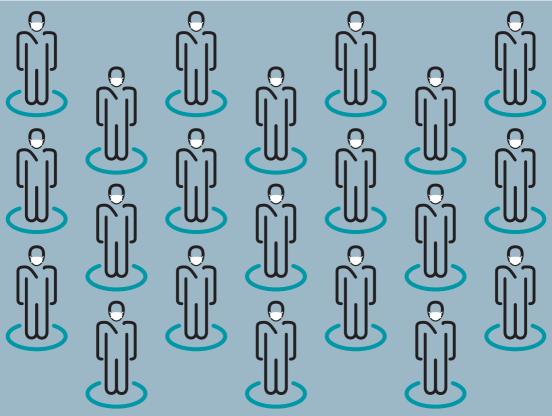
mind the gap – keeping a safe social distance – at least 1.5 metres from each other – helps to reduce the health risks associated with Covid-19











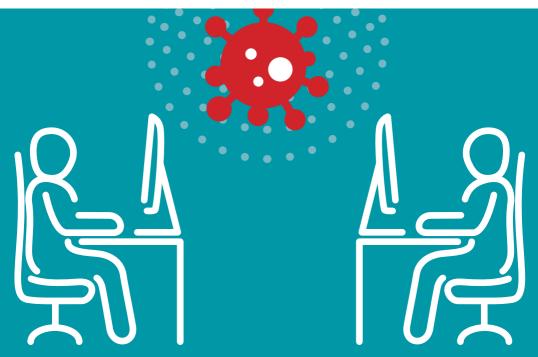
mind the gap – keeping a safe social distance of least 1.5 metres from each other to help to reduce the spread of Covid-19











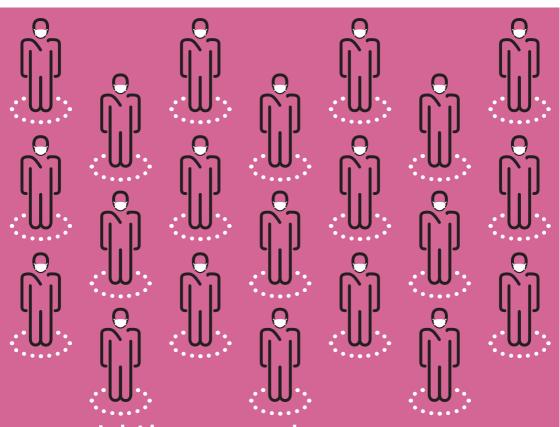
work safe, keep safe – keep a safe distance of at least 1.5 metres to help reduce the risks associated with Covid-19











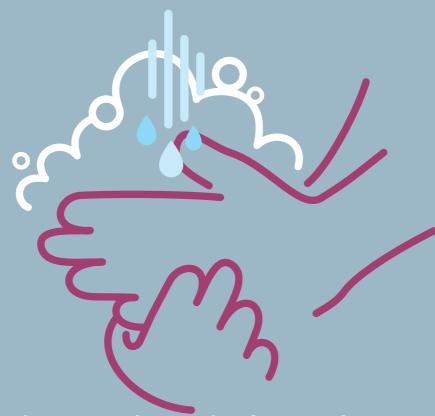
avoid the crowds – keeping away from crowded spaces reduces the risks associated with Covid-19











wash your hands for at least 20 seconds – use soapy water or an

alcohol-based sanitiser





