

## Protect yourself. Protect others.

By wearing a mask you not only protect your life, but also the lives of those you care about the most. Join the **#MaskUpMandela** movement and show your support to those who are sacrificing to serve us and our country during this time. This is one of many ways we are playing our part to

## #FlattenTheCurve.

CORONAVIRUS OUTBREAK NATIONAL HOTLINE: 0 800 029 999 08h00 - 16h00 (Monday - Friday)





Wear it when you go out

## Try not to touch it

Wash it every 2 days

Make sure it covers nose & mouth

