

CORONAVIRUS

PREVENTATIVE MEASURES

THINGS TO DO



DO wash and sanitise your hands frequently



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



DO ensure food, including eggs, are thoroughly cooked



DO utilise 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

ANONYMOUS TIP-OFFS

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 (0)72 014 4445