

COVID-19

Let's remain compliant and protect each other



PLATINUM
HEALTH

Since the start of 2021, South Africa has recorded nearly 190,000 new coronavirus infections and more than 4,600 COVID-19 deaths!

The virus continues to spread more and more rapidly. The rate of spread is indeed much faster than the first wave. It is vital that we become even more cautious about the places we go to and the number of people with whom we interact. In order to protect ourselves, we must remain compliant and be consistent in following the necessary health guidelines.

REMAIN COMPLIANT

- Always wear a face mask when out in public or at work. The mask should cover your nose and mouth at all times to be effective.
- Keep a safe social distance. If you can reach out and touch the person next to you, you're too close. The recommended distance is 1.5 – 2 metres.
- Wash/sanitise your hands often.

AVOID

- Crowded places such as Malls and Shopping Centres with many people nearby.
- Close-contact settings such as restaurants, especially where people have close-range conversations.
- Confined and enclosed spaces with poor ventilation.

By practicing these safety protocols and encouraging others to do the same, we can protect our ourselves and our community from the spread of COVID-19.

