

# Protect yourself and others from getting sick



**Cover your mouth and nose** with flexed elbow or tissue when coughing and sneezing.



**Avoid close contact with others** when you have a cough and fever.



**Throw tissue away immediately after use** and into closed bin.



**Avoid sitting in public areas.**



**Clean your hands** with alcohol-based hand rub or soap and water.



**Seek medical care** if you have a fever, cough and difficulty breathing.



**Clean your hands** after caring for the sick.



**Share previous travel history** with your healthcare provider.

Stay informed and prevent the spread of COVID-19. Visit [www.discovery.co.za](http://www.discovery.co.za) for more information.  
*Stay informed. Stay in the **healthy zone**.*