



rural development  
& agrarian reform

Department:  
Rural Development & Agrarian Reform  
PROVINCE OF THE EASTERN CAPE

# COVID-19

Help prevent the spread of respiratory diseases like COVID -19



**WASH YOUR HANDS**



**COVER A COUGH OR SNEEZE**



**AVOID TOUCHING**



**CLEAN & DISINFECT**



**PREVENTION IS KEY.**



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**FEVER**



**COUGH**



**SORE THROAT**



**SHORTNESS  
OF BREATH**

# KNOW THE SIGNS



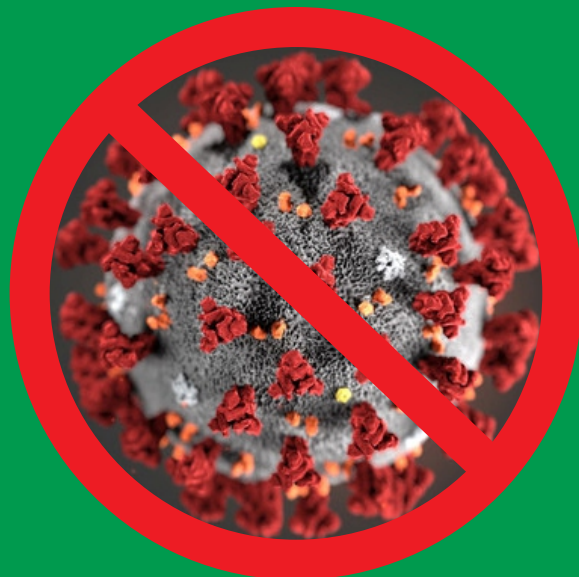
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**HELP  
PREVENT  
THE  
SPREAD**



# PRECAUTIONARY MEASURES TO TAKE WITH LIVE ANIMALS OR ANIMAL PRODUCTS?

No certainty about the origin of the **COVID-19** virus, in accordance with advice offered by the **WHO**, as a general precaution:



## GENERAL HYGIENE MEASURES SHOULD BE APPLIED:

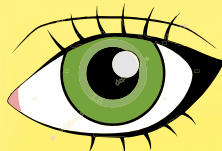
When visiting live animal markets, wet markets or animal product markets.



## HAND WASHING WITH SOAP AND POTABLE WATER

After touching animals and animal products.

## AVOID TOUCHING EYES, NOSE OR MOUTH.



## AVOID CONTACT WITH SICK ANIMALS OR SPOILED ANIMAL PRODUCTS.



## AVOID ANY CONTACT WITH OTHER ANIMALS POSSIBLY LIVING IN THE MARKET

(e.g., stray cats and dogs, rodents, birds, bats).

**PRECAUTION SHOULD BE TAKEN TO AVOID CONTACT WITH ANIMAL WASTE OR FLUIDS ON THE SOIL OR SURFACES OF SHOPS AND MARKET FACILITIES.**



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**Wash your hands  
more often for 20 seconds.**

**Avoid touching staircase rails.**

**Use hand sanitizer after  
touching door knobs and pressing  
Elevators.**

**Avoid hand shakes and direct contact.**

**Every one should avoid gatherings and  
crowded places**



Frequently **WASH**  
your hands



Sneeze  
into your **ELBOW**



Use  
hand **SANITIZER** often



Don't feel well?  
**STAY HOME**



FEVER



COUGH



SORE THROAT



SHORTNESS  
OF BREATH