

# 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