

IT'S TIME TO TAKE COVID-19 SERIOUSLY STOP THE SPREAD OF THE VIRUS

CONTROL YOUR OWN BEHAVIOUR AND MAKE A DIFFERENCE

Be smart and educate yourself, your colleagues and your family about COVID-19.

Complete your screening health check app honestly.

Do not resort to violence and substance abuse as coping mechanisms to relieve your fear and social anxiety.

Wear your face mask safely and correctly.

Test when necessary as it is critical to determine the prevalence and community spread of the virus.

Practice mindful communication with those around you.

Avoid close contact with colleagues and family if you have tested positive for COVID-19.

Protect your mental health and well-being.

Remind yourself that your personal sacrifice is critical for the greater good.

Stay at home if you are sick and presenting with flu-like symptoms.

Do not underestimate your risk of contracting the virus.

Challenge your core values.

Adopt good hygiene practices and disinfect common surfaces.

Do not discriminate, blame and shame individuals and families who have been infected by the virus.

Combat misinformation.

Refrain from social and community gatherings.

Containing COVID-19 is our collective responsibility.

Take care of the sick, the elderly and the children.

Self-Isolate to prevent the spread of the virus.

Make staying at home and self-isolating a selfless act.

Do not allow thoughts of a conspiracy theory to be rooted in your mind and hence influence you to disregard preventative measures.

Spread hope and embrace positivity.

*"This is one of the most serious diseases you will face in your lifetime, and recognise that and respect it," Dr Bruce Aylward, (WHO).
"Never, never underestimate a new disease, there's just too much unknown."*

CHANGE YOUR ATTITUDE, CHANGE YOUR PERSPECTIVE AND SAVE LIVES!

HELP-LINES:

Higher Health Mental Health Helpline: 0800 36 36 36 (Toll Free) SMS 43336.
SA Depression & Anxiety Group: 0800 21 22 23
Coronavirus 24-hotline: 0800 02 99 99
COVID WhatsApp number: 0600 12 34 56
Employee Wellness: rajcooms@dut.ac.za or nobantub@dut.ac.za

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