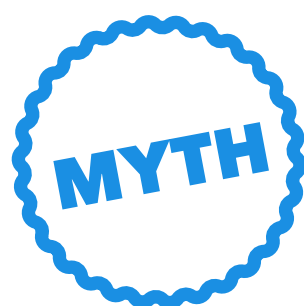
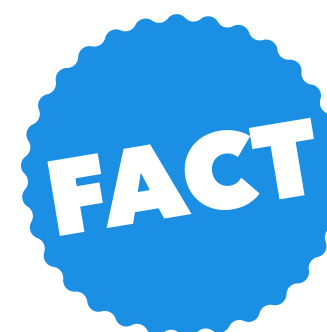


Everyone should be informed of the facts of COVID 19.

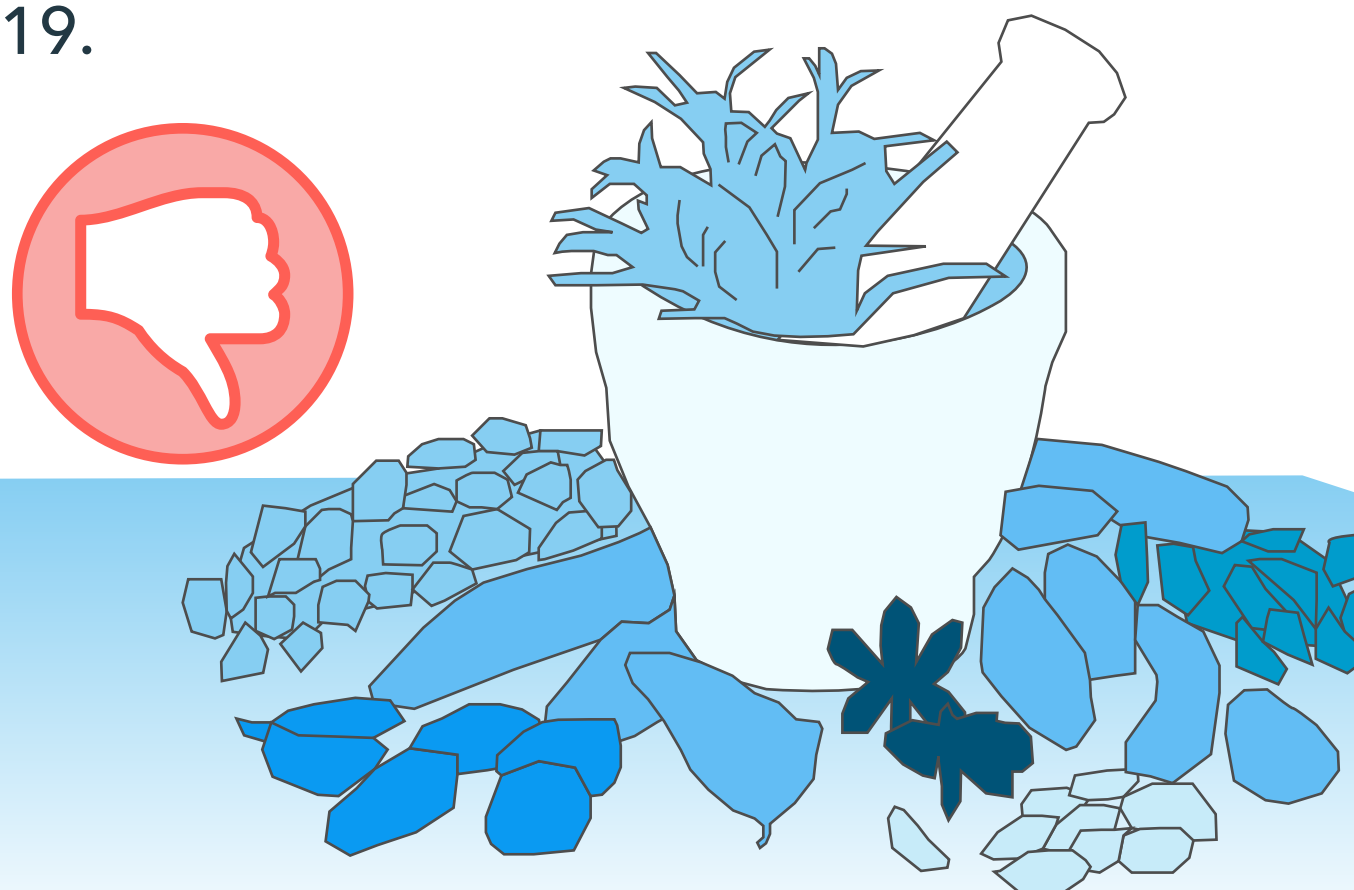
We are all in this together.



Drinking home-made remedies (such as mixtures of lemon, garlic and ginger) or natural remedies (such as boiling tree leaves like umhlomunye) can prevent or treat COVID-19.



To-date there are no remedies that can prevent or treat COVID-19.



We protect each other by: practicing physical distancing, staying at home (if you don't feel well)



Frequent handwashing with soap for at least 20 seconds



Wearing a cloth covering over our nose and mouth in public places



Coughing or sneezing into your elbow



Practice physical distancing by maintaining 1 metre distance between you and others



Avoid touching your eyes, nose and mouth



Stay at home if you feel sick