



**MINERALS COUNCIL**  
SOUTH AFRICA



**Khumbul'ekhaya**



**YOUR HEALTH AND WELL-BEING**

**MATTER.**

# Know your HIV status, and your status for other chronic illnesses



If you are sick, take your  
prescribed medicine



Exercise to keep fit and  
healthy, watch your BMI

**Take care of your mental health, get help if  
you feel like you can't cope - speak to your  
doctor, a friend, to religious leaders**

#MakingMiningMatter



**STAY SAFE  
AND HEALTHY**  
AT HOME AND AT WORK