



MINERALS COUNCIL
SOUTH AFRICA

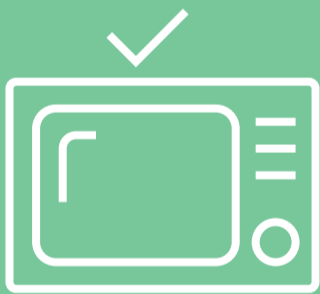


Khumbul'ekhaya



IT'S NORMAL TO FEEL SCARED AND UNCERTAIN IN THIS TIME OF COVID-19

Stay informed - the more informed you are the better you feel



Don't believe everything you hear - get your information from reliable sources



Be kind to people around you - anyone can get COVID-19, and most people recover quickly



Be responsible - risky behaviour will make you feel worse and increase the chance of getting ill



Speak to your children - they too are worried at this time

Get help if you feel like you can't cope - speak to your doctor, your nurse, a friend, to religious leaders



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

#MakingMiningMatter

#staysafeandhealthy #inthistgether #stopthespread