

The coronavirus has been declared a global health emergency by the World Health Organization (WHO).

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MINERALS COUNCIL
SOUTH AFRICA

This is what you need to know:

First, do not panic. You can protect yourself and your family.

How to stay healthy while travelling



Only eat well-cooked food, especially meat



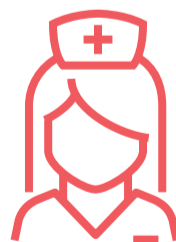
Wash your hands often, using soap and water



Avoid close contact with other people if you are coughing or have a fever



If you become sick while travelling, **let someone know and see a doctor immediately**



When you see a doctor, **let them know where you have travelled**



When coughing and sneezing, **cover your mouth** and nose with your elbow or tissue

Information source: World Health Organization