

Keep Following COVID-19 Safety Measures

South Africa is about to enter Level 2. Many activities and businesses have resumed. While we are moving to Level 2, the risks are still high and safety measures should still be observed. Everyone will need to continue and follow the COVID-19 regulations in order to be safe.

Wearing of face masks cannot be discontinued. Many people have lost loved ones due to COVID-19, that should be a reason for them to be extra careful and always follow the set precautionary measures. But it is clear that many people are against wearing masks judging from the number of people walking around in public with no masks or wearing them incorrectly. Some people do not want to admit that this is the 'new normal' and they should get used to it.

Social distancing is another important precaution that needs to be followed. It helps reduce the spread of infection and prevent individuals from spreading airborne diseases like flu and coughs. It is not a good time to be sick with opportunistic diseases like COVID-19. When someone coughs, talks, sneezes they could release germs into the air that may infect people near them, so social distancing is part of the strategies that will help contain the infection.

Washing or sanitising hands is important as the virus can stay in surfaces. It is important for one to always keep clean and healthy. We are dealing with something that we have never seen before so we always have to be extra careful.

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