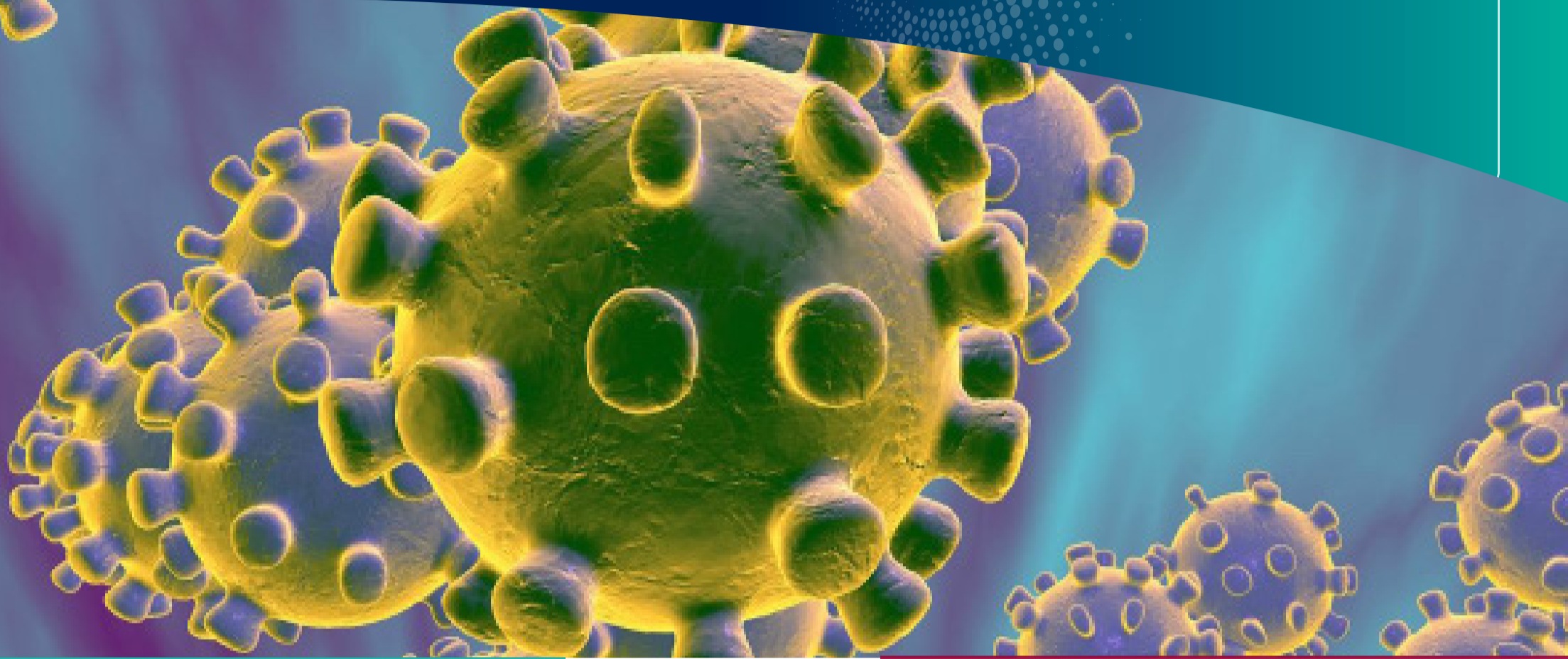












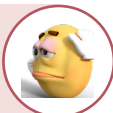

Coronavirus: 14-Day Self-isolation Guide



What you should do

-  Stay indoors as much as possible
-  Wear a face mask when you are out of your room or when there are other people around
-  Practice good hygiene
-  Cover your mouth and nose when you cough or sneeze with tissue or inner part of your elbow
-  Dispose of tissue properly immediately after use and wash your hands with soap
-  Drink water frequently to keep your body hydrated
-  Get a personal digital thermometer and check your temperature twice daily, and record the date, time and temperature reading
-  Call Emergency Room on **0501663792** if you record a temperature of 38 degrees Celcius
-  On day 14, call Emergency Room on **0501663792** for direction on next steps

What you should not do

- No direct contact with other people 
- Avoid touching your face, especially eyes, nose and mouth 
- Don't share cutlery with others 

Play your part to stop the spread of coronavirus.

Coronavirus is deadly, but we shouldn't panic. Please stay calm and wash your hands regularly.



GOLD FIELDS