

STAY SAFE  
**MOVE FORWARD**

**MAKE SAFER  
CHOICES**

We're all eager to get back to our pre-COVID-19 lives.  
**Managing the risks can help us get there faster.**



**Think about the size of a venue.** If you cannot maintain a safe, **1.5m distance**, then consider going somewhere else.



**Think about the smart choice.** Having drinks with friends to celebrate? Keep it responsible.



**Think about the next person.** Always wear your mask in public and when you are finished eating.



**Avoid crowds and confined spaces.** Remember that masks, a safe distance and good ventilation will lower the risk of the spread of COVID-19.



**Fresher is better!** Ask to be seated outside if you're eating out.



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Sonke sinomdla wokubuyela kubomi bethu phambi  
kokuba kubekho iCovid-19

## **Ukulawula umngcipheko kungasinceda sifike msinya**



**Cinga ngobungakanani bendawo.** Ukuba awukwazi ukugcina umgama okhuselekileyo we 1.5m, cinga ngokuya kwenye indawo.



**Cinga ngokhetho olukhuselekileyo.** Ingaba usela nabahlobo bakho xa ubhiyoza? Gcina uxanduva.



**Cingela omnye umntu.** Nxiba imaski yakho rhoqo phakathi kwabantu naxa ugqiba ukutya.



**Ziphephe indawo ezinabantu abaninzi ekuxinene kuzo.** Khumbula ukufaka imaski. Ufumane umgama okhuselekileyo ozokuwunciphisa umngcipheko wokusasazeka kwe Covid-19.



**Ukuhlaziyeka kungcono!** Cela ukuhlala phandle ukuba utya ngaphandle.



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BLY VEILIG

# BEWEEG VORENTOE

# MAAK VEILIGER KEUSES

Ons is almal opgewonde om terug te beweeg na ons voor-KOVID-19 lewens.

**Deur risikos te bestuur kan ons help om vinniger daar te kom.**



**Dink aan die grootte van 'n lokaal.** Indien u nie 'n afstand van 1.5 meter kan handhaaf nie, oorweeg om na 'n ander plek te gaan.



**Dink aan die slim keuse.** Beplan u om drankies met vriende tydens 'n partytjie te hê? Bly verantwoordelik.



**Dink aan die volgende persoon.** Dra altyd 'n masker in die publiek en wanneer u klaar geëet het.



**Vermy skares en beknopte/beperkte spasies.** Onthou dat maskers, 'n veilig afstand en goeie ventilasie die risiko om KOVID-19 op te doen verminder.



**Varser is beter.** Indien u uiteet is dit beter om te versoek om buite te sit.



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