FutureLife-Now!

COVID-19 RESPONSE

BE A LEADER: Keep Yourself and Others Safe and Well

5 THINGS TO DO

1 TELL THE TRUTH



Get and share news and information that is correct and true (about COVID-19 or other topics that affect your community)

- Share correct health information and don't spread 'misinformation' (fake news). Check the facts.
- Fight stigma: Explain that anyone can get sick, anywhere and anytime.

2 BE A HEALTH HERO

Protect yourself, family and community against other illnesses

- If you are on medication, keep taking it.
- If you get sick, go to a clinic.
- If you are pregnant, go for check-ups.
- Get children immunised.
- Don't stop regular clinic visits to attend to health issues.





3 SPREAD POSITIVE ENERGY

Stay positive and active. Be kind and reach out to others

- Stay positive, and talk to others if you feel down or sad.
- Don't listen too much to negative news or people.
- Do something you enjoy every day, and get others to join in.
- Be kind to others. Listen to family members or friends who seem down. Help where you can.

4 STAY STRONG AND WELL

Promote healthy living and eating

- Exercise often and urge others to do the same. Go for walks with family members.
- Eat healthy food. Encourage others to do the same.
- Grow vegetables.
- Drink enough clean water.
- If you don't have enough clean water, speak to community leaders and help to solve the problem.



5 BE A GUARDIAN ANGEL FOR THE ELDERLY

Look after older family members, who are more at risk.

- People over 60 are most at risk of getting very sick from COVID-19, especially if they have chronic (long-term) diseases.
- Help older family or community members to protect themselves.
- Listen and talk to them, to help keep their spirits up.
- Check that they take medication, stay active and positive, and eat healthy foods.
- If they need to go to a clinic, help them to get there.



RESPECT
RESPONSIBILITY
RIGHTS

SOUTHERN AFRICAN DEVELOPMENT COMMUNITY
SADC
TOWARDS A COMMOM FUTURE

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CARE AND SUPPORT FOR TEACHING AND LEARNING

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