



**DURING THE  
CHRISTMAS FESTIVITIES,  
DO NOT LEAVE YOUR HEALTH  
TO CHANCE**

**AS CELEBRATIONS BEGIN, KEEP THESE  
RECOMMENDATIONS IN MIND AND REMEMBER TO  
FOLLOW GOVERNMENT GUIDELINES**



**1. AVOID CROWDED PLACES**



**2. WEAR A FACE MASK WHEN REQUIRED**



**3. FREQUENTLY SANITISE AND WASH  
YOUR HANDS**



**4. ENSURE PHYSICAL DISTANCING**



**5. AVOID SHARING PERSONAL OBJECTS**



**6. KEEP VIGILANT FOR ANY SYMPTOMS**



**7. AVOID UNNECESSARY CONTACT WITH  
VULNERABLE PEOPLE**



**8. KEEP ALL AREAS WELL VENTILATED**



**WARNING**

**DON'T ORGANISE OR ATTEND GATHERINGS IF  
YOU OR SOMEONE FROM YOUR HOME:**

- Have tested positive for COVID-19
- Have any COVID-19 symptoms
- Is awaiting a COVID-19 test or result
- Had contact with a positive case during the last 14 days

**BE SURE TO FOLLOW THE GOVERNMENT  
GUIDELINES FOR YOUR AREA**

**CHRISTMAS FESTIVITIES HAVE COME, BUT  
COVID-19 HAS NOT GONE**

**REMEMBER OUR BEHAVIOURS THAT SAVE LIVES**







**DURING THE  
CHRISTMAS FESTIVITIES,  
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DURING THIS PERIOD, WE ALL WANT TO GIVE PRESENTS AND SEE OUR LOVED ONES. BUT REMEMBER, **THE BEST GIFT THIS YEAR IS YOUR HEALTH**

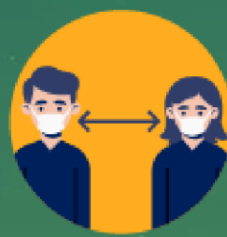
**IF YOU HAVE TRAVEL PLANS, DO WHAT YOU CAN TO STAY SAFE.**

**PLEASE DON'T FORGET:**



- Be careful at fuel stations, restaurants etc.
- Have a face mask, antibacterial gel and other protective elements that you consider necessary.
- Make sure to stick to the Government guidelines for travel and be mindful of tiers
- Make sure you stay in hotels that comply with COVID-19 protocols.

**WHETHER YOU ARE AT HOME OR AWAY  
PLEASE DON'T FORGET THE FOUR BEHAVIOURS:**



**BEHAVIOURS THAT SAVE LIVES**

- **1. Identify Symptoms and inform.** Recognise the symptoms of COVID-19, and if in doubt, be responsible - get tested.
- **2. Personal Hygiene.** Wash your hands as often as possible. Have your families do the same.
- **3. Physical Distance.** Maintain a safe physical distance from others and avoid physical interactions with people outside your home.
- **4. Protect yourself and others.** Anytime you leave your home, please use a facemask and any other PPE like face shields or gloves as required.

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