

COVID-19 HYGIENE PRECAUTIONS:

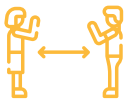


1. WASH YOUR HANDS

Wash regularly for at least 20 seconds and use alcohol-based hand sanitiser.

2. NO MASK, NO ENTRY

Wearing your cloth mask in public is mandatory. Wash after use.



3. PRACTICE SOCIAL DISTANCING

Maintain at least 1,5m between yourself and others.

4. COUGHING OR SNEEZING?

Cough or sneeze into your crooked elbow or tissue and dispose immediately.



5. MAKING PAYMENTS

Clean/sanitise your bank cards after payments and avoid physical exchange of cash.

6. PEACE-OF-MIND IN YOUR POCKET

Download the Namola safety app from your app store to help keep you safe or track your whereabouts while travelling.



SAFETY TIPS:



PREPARE

Research the area & be ready for weather changes.



FALSE INFORMATION

You don't require a permit to walk the streets of Cape Town.



PROTECT

Be vigilant at ATM's, don't carry large sums of cash or display valuables.



PATH

Stick to the path & use a map.



LOCATION PEACE-OF-MIND

Share your location with loved ones via our Namola app.



PHONE

Request emergency assistance via our Namola app.

DOWNLOAD CAPE TOWN'S PREFERRED TRAVELWISE SAFETY APP FOR FREE



EMERGENCY NUMBERS:

Emergencies from a mobile	112
Emergencies from a landline	107
Ambulance	10177
South African Police Service	10111
Medical & Fire Emergencies	021 535 1100
Table Mountain NP Emergencies	021 480 7700
Disaster Risk Management Centre	080 911 HELP (4357)
Sea & Mountain Rescue	021 937 0300
24hour Emergency Whatsapp	082 415 7127
CTT Band Aid	021 487 6552
Covid Emergency Hotline	0800 029 999
COVID Whatsapp Support Line	0600 123 456
National COVID Website	sacoronavirus.co.za