

Anyone can get the Coronavirus, just like anyone can get the flu.



Chances are you will soon (if you don't already) know someone who is ill with the Coronavirus.

They may be our friends, our family, our neighbours or our colleagues.

This might sound scary, but the good news is we don't have to be afraid of the virus or of people who have the virus, because

We all have the power to keep ourselves and the ones we love safe and healthy.

All of us need to be mindful all of the time – at home, at work, in our communities and when we travel.

We chatted to some friends in our communities to find out the challenges they were experiencing and their advice for how we can stop the spread, together. Fred, Joe, Ma Joyce, Dr Wilson, Sarah, Noah and Omar are here to tell us how to keep ourselves and others safe and healthy every day.



Fred, Joe, Ma Joyce, Dr Wilson, Sarah, Noah and Omar are here to tell us how to keep ourselves and others safe and healthy every day.



Fred

Who runs a shop near our mine

Hello, I'm Fred

I would like to show you how I keep my customers safe and how you can be a responsible shopper.



Dr Wilson

Who tends to all our needs

Hello, I'm Dr Wilson

My patients come from all walks of life and I'm here to give you advice on how to protect yourself and others from the Coronavirus.



Joe

Who drives a taxi so that we can move around

Hello, I'm Joe

I'm here to tell you how I keep my passengers safe and healthy and what you can do to protect yourself when using public transport.



Sarah

Who is trying to catch up on her learning

Hello, I'm Sarah

I'm really smart and I can tell you all about how to keep yourself, your friends and your teachers safe at school.



Ma Joyce

Who has her hands full with three kids at home

Hello, I'm Ma Joyce

Family is the most important thing and I'd like to tell you how I look after mine.



Noah & Omar

Who work at AngloGold Ashanti

Hello, we are Noah and Omar

We know that safety and health is always the number one priority. We lead by example at work, at home and in our communities.



Fred

Who runs a shop near our mine

BE A RESPONSIBLE SHOPPER

Hello, I'm Fred

Many people come to my shop every day. I know that anyone can get the Coronavirus even if not everyone shows symptoms.

I really care about my customers and do everything I can to ensure they stay safe and healthy.

I always make sure that:



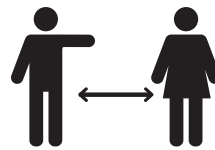
I wear a mask at work



I wash or sanitise my hands regularly



Sanitiser is provided at the entrance of my shop



People keep a social distance of 1.5m inside my shop



Everything is cleaned and sanitised regularly

In the morning before I go to work, I always check if I have any flu-like symptoms. I won't go to work if I have a fever, dry cough, sore throat, aches or pains or experience difficulty breathing.



My customers must always:



Be careful about what they touch, and only pick up what they want to buy.



Wear a mask and sanitise their hands when entering the shop



Shop quickly and not stay for longer than they need to



Observe a social distance of 1.5m



Joe

Who drives a taxi so that we can move around

BE A RESPONSIBLE COMMUTER

Hello, I'm Joe

I safely transport many people between their homes, work and other essential places every day. But I know that my passengers and I may be at more risk of catching the coronavirus when in the confined space of the vehicle. I also know that anyone can get the Coronavirus even if they don't show symptoms.

I really care about my own health and that of my passengers and do everything I can to ensure they stay safe when travelling with me.

I **always** make sure that:



I wear a mask when I am driving



I avoid touching my face



I sanitise my hands regularly



I cough into my elbow



I provide sanitiser for my passengers



My passengers maintain the correct social distance when in the vehicle



I regularly check the latest regulations for the public transport sector to ensure that I am following the correct guidelines

It is important that I check myself for flu-like symptoms every morning before I start driving. If I have fever, dry cough, sore throat, aches or pains or experience difficulty breathing, I will not drive my taxi and risk infecting my passengers.

Commuters travelling in my taxi must always:



Wear a mask



Sanitise their hands before entering the vehicle



Cough into their elbows



Observe the correct social distance when seated in the vehicle

If a person feels sick with flu-like symptoms they must not travel in public transport as this could put the people around them at risk.



Ma Joyce

Who has her hands full with three kids at home

PROTECT YOUR FAMILY

Hello, my name is Ma Joyce

I am a mother, daughter and a partner and it is my job to protect my family and my community.

I know that the Coronavirus is spread through close contact with people infected with the virus and breathing in respiratory droplets. I also know it is spread when people touch contaminated surfaces and then their face.

I protect my family in the following ways:



I make sure that my family always wash their hands when they come home



I make sure that my family always wear a mask when they leave the house



I know that masks must always be clean so I make sure these are washed every day



I make sure that they always have sanitiser with them or wash their hands when they are outside the house



I always remind them not to touch their mouth, nose, eyes or any part of their face



I make sure all surfaces in the house are always clean and sanitised

If any person in my household gets any of these symptoms – fever, dry cough, sore throat, aches or pains or experiences difficulty breathing – I know that we must isolate ourselves for 14 days. This is to protect other people in the community from catching the virus. I care about keeping my community safe.



When interacting with my community, I know that:



I must maintain a 1.5m distance from people, even when talking to my friends



Some people, especially the elderly and people with underlying health conditions, are especially vulnerable to catching the virus and I must take extra precautions when around these people



People can spread the virus even if they are not sick



Dr Wilson

Who tends to all our needs

WE ALL HAVE THE POWER TO KEEP OURSELVES AND THE ONES WE LOVE SAFE FROM CORONAVIRUS

Hello, my name is Dr Wilson

I treat patients from the mine and surrounding communities. I know that anyone can get the Coronavirus. My patients come from all walks of life – some are rich, some are poor, some wear suits and ties and others wear sneakers and jeans.

Not everyone who gets the Coronavirus will become very ill, some people won't feel sick at all. Most people will fully recover. We must take care to protect people over 60 and those with underlying health conditions. Many people will get the virus – we must expect this. What we need to do is make sure our healthcare facilities can cope, and to protect healthcare workers and those who are vulnerable.

We all have the power to keep ourselves and the ones we love safe from the virus.

These are the things you can do to **protect yourself and others:**



Wash or sanitise your hands regularly



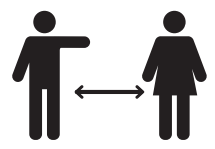
Cough or sneeze into your elbow or a tissue. If you use a tissue, throw it away immediately



Do not touch your mouth, nose, eyes or any part of your face



Avoid physical contact with others



Always observe a 1.5m social distance from other people wherever you are

Check yourself for the following symptoms every day:



A high fever



A dry, persistent cough



Sore throat



Aches or pains



Difficulty breathing

If you experience any of these symptoms, stay at home and self-isolate for 14 days and notify your healthcare practitioner. Do not come to the clinic or go to work when you are sick.

Don't be scared or ashamed to tell people if you have any of these symptoms. It is only by being honest that we can limit the spread of the virus.



Sarah

Who is trying to catch up on her learning

**KNOWLEDGE
IS POWER**

Hello, my name is Sarah

I haven't been to school for a very long time and I'm excited to be back to learn and see my friends! But I know that the Coronavirus has not disappeared.

To keep myself safe from the virus and to protect my friends and family I know I have to:



Always wear my mask at school



Clean my mask everyday



Avoid touching my mouth, nose, eyes or any part of my face



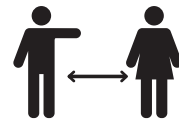
Wash or sanitise my hands regularly and remind my friends to do the same



Check myself for flu-like symptoms every morning before I go to school and stay at home if I have symptoms



Don't share food or drinks



Keep a social distance of 1.5m, even on the playground



Not touch or hug my friends or teacher



At school, we learned all about the Coronavirus. We know that there is a lot of fake news and our teacher has told us to be smart and check everything we read or hear before telling other people.

I know that I can transmit the virus to other people even if I don't feel sick. For now, I can't visit grandma and uncle who has diabetes because they have a high risk of getting really sick if they get the virus, but I can still speak to them on the phone.

I am really smart and I know that anyone can get the Coronavirus. I don't have to be afraid of anyone who has the virus because they are people just like me and we can protect ourselves if we do everything we have been taught to do.



Noah & Omar

Who work at
AngloGold Ashanti

TOGETHER WE
CAN STAY SAFE
AND HEALTHY

Hello, our names are Noah and Omar

We are shift bosses at AngloGold Ashanti. Working at a mine has taught us that safety and health must always be the first priority.

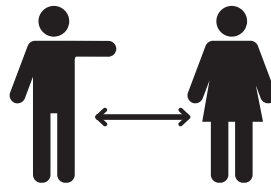
We lead by example and
we always remind our team to:



Wear a mask
and all the
PPE the mine
provides



Wash or sanitise
their hands
regularly



Maintain a social
distance of 1.5m
as much as
possible



Check how they
feel every day
before going to
work and to let
their supervisor
know if they
aren't feeling well



I live in my community and I know that I must continue to follow the guidelines when I leave work. I only leave my house to go to work and to buy groceries and other things that I really need. My friends and I don't go out after work or over the weekends for now, but I relax at home with my family and it has brought us closer together.

I know that anyone can get the Coronavirus, but I'm not afraid of people who have the virus because **we have the power to protect ourselves if we follow the rules.**