Everyone should be informed of the facts of COVID 19. We are all in this together.

**MYTH**
Drinking home-made remedies (such as mixtures of lemon, garlic and ginger) or natural remedies (such as boiling tree leaves like umhlomunye) can prevent or treat COVID-19.

**FACT**
To-date there are no remedies that can prevent or treat COVID-19.

We protect each other by: practicing physical distancing, staying at home (if you don’t feel well)

- Frequent handwashing with soap for at least 20 seconds
- Wearing a cloth covering over our nose and mouth in public places
- Coughing or sneezing into your elbow
- Practice physical distancing by maintaining 1 metre distance between you and others
- Avoid touching your eyes, nose and mouth
- Stay at home if you feel sick