

Curbing the spread is literally in our hands

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THE NUMBER of coronavirus cases is increasing in large numbers daily. It is said that the coronavirus does not move by itself people move the virus.

Our hands are, therefore, the most common ways of spreading germs and viruses among people. It is, therefore, in our hands to contain and curb the spread of the killer coronavirus by regularly washing our hands and keeping them clean, healthy and safe at all times. Keeping our hands clean will ensure that they are not used to transport and spread the coronavirus in our communities.

Personal hygiene is, therefore, important. It also shows that you care and love yourself. If you love yourself, you will ensure that you are always clean and healthy, so let us be clean and promote a clean, safe and healthy society.

As we regularly wash ourselves to keep clean and safe, and especially our hands to get rid of bacteria and viruses, it is also important to remember that South Africa is a water scarce country. Winter is a dry season in most parts of the country. This, therefore, calls on all of us to be more responsible and use the available water wisely and sparingly in order to ensure that everyone has access to water, especially during this trying period.

Let us heed the government's call to stay at home and always keep a physical distance from others. Let us protect our children by keeping them at home and teaching them the importance of frequently washing their hands.

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