

KZN Counselling and Career  
Development

Presents

# #FridayFact

29 January 2021

**Stay Safe,  
Keep your  
Social  
Distance,  
Wear a Mask  
& Sanitise!**

**Some things take time.  
Stay patient and stay  
positive.  
Things will get BETTER**

Source: <https://lessonslearnedinlife.com/>

**WE WANT TO HEAR FROM  
YOU!**

Durban, Richards Bay and Wild Coast:  
Ms Sma Ndwandwe  
[counsellingkzn@unisa.ac.za](mailto:counsellingkzn@unisa.ac.za)

Pietermaritzburg and Newcastle:  
Mr Sibonelo Gumede  
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Define tomorrow.

**UNISA**   
university  
of south africa

KZN Counselling and Career  
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# #MondayMotivation

25 January 2021

**Stay Safe,  
Keep your  
Social  
Distance,  
Wear a Mask  
& Sanitise!**

## My to-do list for today

- Count my blessings
- Practice kindness
- Let go of what I can't control
- Listen to my heart
- Be productive yet calm
- Just breathe

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UNISA



# #WellnessWednesday

27 January 2021

**Stay Safe,  
Keep your  
Social  
Distance,  
Wear a Mask  
& Sanitise!**

## The National Department of Health recommends that:

Everyone should wear  
**CLOTH face masks**  
when in public.



Members of the public should not  
use N-95 and surgical masks;  
medical masks remain reserved  
only for healthcare workers.

Handwashing and  
social distancing still remain  
the most important prevention  
strategies for COVID-19



## Department of Health COVID-19 online resource and news portal

<https://sacoronavirus.co.za/>

**COVID-19 Public Hotline:**  
0800 029 999

**WhatsApp Support Line:**  
0600 123456

## How to use a cloth face mask:

- The face mask must cover the nose and mouth completely.
- Face masks should not be lowered when speaking, coughing or sneezing.
- Face masks should not be repeatedly touched – fidgeting with the mask repeatedly is strongly discouraged.
- The inner side of the mask should not be touched by hands.
- Wash hands after removing the face mask.
- Wash cloth face masks with warm soapy water and iron when dry.
- Each person will need to have at least 2 face masks so that one face mask is available when the other is being washed.



COVID-19 mainly  
spreads from  
person to person

But it can also be  
left on objects and  
surfaces...

lift buttons

laptop and mouse

digital  
devices

pens

tissue

doorknobs

So if you touch something  
contaminated and then touch  
your face or another's face,  
you might all fall ill.



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