



## Embassy of the Republic of the Philippines Pretoria

**Very Urgent**

MEMORANDUM CIRCULAR NO. PT- // -2020

To : All Filipinos in South Africa, Botswana, Eswatini, Lesotho, Madagascar, Mauritius, Mozambique, Namibia, Zambia and Zimbabwe

Fr : Philippine Embassy in Pretoria, South Africa

Re : Reminders for Filipinos on COVID-19

Dt : 17 March 2020

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The Embassy wishes to reiterate to all Filipinos in the Southern African region to strictly follow the following guidelines issued by the World Health Organization (WHO) on protective measures against the COVID-19 virus:

1. Regularly and thoroughly wash your hands with water and soap or an alcohol-based hand rub.
2. Maintain social distancing. Your distance from another person should at least be 1 meter or 3 feet.
3. Avoid touching your face, particularly your eyes, nose and ears so that the virus cannot enter your body.
4. Practice respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Any used tissue should be immediately disposed of.
5. Stay away from others who are sick or unwell.
6. Avoid unnecessary travel. Avoid crowds and large public gatherings.
7. Stay home when you are sick. Call your healthcare provider in advance so you can be safely assessed and be referred to the right facility as identified by the local authorities. This will also protect you and help prevent the spread of viruses and other infections.

Further information on COVID-19 could be accessed from WHO's official website at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>.

Filipinos are also enjoined to follow the advice given by the local authorities since the latter are in the best position to give proper guidance on how to minimize your exposure to the COVID-19 virus. However, be discerning with the information you receive and ensure that they come from the health ministry of your host government or the WHO Regional Office for Africa ([www.afro.int](http://www.afro.int)).

