

WHAT ARE ESSENTIAL GOODS?

SUPERMARKETS & PHARMACIES WILL SELL THE FOLLOWING ITEMS:

- ALL FOOD ITEMS
- NON-ALCOHOLIC DRINKS
- PET FOOD
- HYGIENE AND SANITARY PRODUCTS
- AIRTIME AND PRE-PAID ELECTRICITY
- MEDICATION



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PLEASE DON'T PANIC BUY
SUPERMARKETS AND PHARMACIES
WILL REMAIN OPEN DURING THE
LOCKDOWN. IF PEOPLE STOCKPILE,
THOSE WITHOUT THE MEANS
TO WILL BE WITHOUT.



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LOCKDOWN SURVIVAL TIPS



- GET DRESSED EVERY MORNING.
- FIND WAYS TO RELAX EITHER THROUGH MEDITATION OR A HOBBY.
- CHECK IN WITH YOUR LOVED ONES REGULARLY.
- KEEP YOUR HOME CLEAN.
- MAINTAIN A MONDAY TO FRIDAY ROUTINE.
- DON'T SET UP YOUR OFFICE IN THE BEDROOM.
- MAINTAIN A DAILY EXERCISE ROUTINE.

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21-DAY
NATIONWIDE
LOCKDOWN

26 MARCH @ 23:59
UNTIL 16 APRIL @ 24:00

YOU WILL STILL BE ABLE TO:

- SEEK MEDICAL CARE
- BUY GROCERIES
- VISIT YOUR PHARMACY
- ACCESS BANKING SERVICES
- GET PETROL
- COLLECT SOCIAL GRANTS

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