



Care in a time of CORONA



Care for our caregivers

All people who work in our clinics and hospitals need special care. They are working at the frontline to keep us safe. They are tired and stressed. These are some ways we can help them.



Help with food

- Make them a meal.
- Find out from them what your local clinic or hospital needs such as tea, coffee or biscuits.
- Leave groceries at their gate after you have done the shopping.



Show kindness

- We must all practice physical distancing to stop the virus from spreading. But we can show kindness in other ways.
- Send messages of support to the caregivers in your community.



Fathers matter

The majority of healthcare workers are women. They are also often the primary caregivers to their children and families.

- Fathers, take a more active role in childcare and housework.
- Help your children with homework and activities to do at home.



Find accurate information

Many caregivers are overloaded with questions. Find accurate, up-to-date information for yourself from the sources listed below.



In all your acts of caring remember to help stop the spread of the CORONA virus.



Wash your hands regularly.

Keep a safe distance from other people.



Don't touch your face.