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STAYING HEALTHY IN UNCERTAIN TIMES

We are living in stressful and uncertain times.
It is important to take care of ourselves both mentally and physically.

A lot has been asked of all of us during this Covid-19 pandemic, and at times it is easy to lose focus and to feel over-whelmed by events that we cannot control.

WHAT CAN WE CONTROL?

If you smoke, try to stop. See if your doctor can recommend medication to stop the nicotine cravings, chew nicotine gum or use nicotine patches.

Exercise. Try to walk daily, maybe do a Zoom gym class, or do simple exercises at home.

Eat better. Cut out sugar and junk food. Eat more fruit and vegetables, as well as healthy protein.

Keep contact with friends or family by phone, or on the numerous platforms like Zoom, Team Viewer or HouseParty.

Maintain a positive attitude, accept that there are events that you can't control

Reduce your social media and news updates to once a day.

Get enough sleep which is important for your health.

Ask for help if you need it.

The National Department of Health recommends that:

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



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



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



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