



Republic of Botswana

Ministry of Health and Wellness

COVID-19 MESSAGES FOR YOUNG PEOPLE

- **You use, you lose! No “skeif daa”.** Sharing of tobacco products such as cigarettes, smoking pipes & hubbly could facilitate the spread of the COVID-19.
- **No hugs no kisses, no handshakes.** It takes you to stop the spread of COVID-19
- **Still buddies a metre apart.** Keep a distance
- **“Nix mapha”.** No sharing of food and drinks or eating utensil.
- **Wise up and Mask up.** It is cool to properly wear a mask
- **Kill two birds with one stone.** No sex, No risk of COVID-19 infection, or unplanned pregnancies.
- **Cover your sneeze and cough, it’s a breeze.** Use a flexed elbow or tissue
- **U R 2 Smart to carry germs around.** Frequently wash your hands with clean water & soap or use a hand sanitizer.

Ministry of Health & Wellness
COVID-19 Call Centre 16649

Vision: A Healthy Nation by 2023

Values: Customer Focus, Botho, Timeliness, Equity, Teamwork, Accountability.



Wise up
and Mask
up.

Still buddies
a metre
apart.