



REMEMBER, YOU MIGHT HAVE AN UNINVITED HOLIDAY GUEST – COVID-19



ROAD/TRAVEL SAFETY

- Do not drink and drive;
- Check your car before going on holiday;
- Stick to the speed limit;
- Always follow road traffic rules; and
- Take regular breaks when travelling.



CHILD SAFETY

- Ensure children are seated in car seats when travelling;
- Never leave your child unattended near a swimming pool, the beach, rivers or dams; and
- Inform children not to talk to strangers.



SHOPPING SAFETY

- Avoid carrying a large amount of money when shopping;
- Always hold your child's hand while shopping; and
- Do not have your wallet or purse visible, as it attracts attention from pickpockets.



HOME SAFETY

- When on holiday, ask neighbours to clear out the post;
- Secure all doors and windows of your home when leaving the house;
- Ensure your pets are being cared for whilst away from home; and
- Ask people you trust to keep an eye on your house.



HEALTH SAFETY

- Be aware that alcohol can effect your awareness and threaten your safety on the road and at work;
- Be sun savvy - apply sunblock and refrain from direct sun exposure between the times 11:00 to 15:00;
- Eat healthy and stay hydrated;
- Stay active and exercise;
- Attend to your mind and mental wellbeing; and
- Remember to continue your chronic medication as prescribed.



SASOL Cares

COVID-19 Response

Fuelling a **COVID-19 free** environment

