

STAY SAFE OVER THE Easter Period

If you are planning to travel over the Easter Period, please be sure to stay safe by adhering to the following guidelines.



**PLATINUM
HEALTH**

PROTECT YOURSELF

- Always wear a face mask when out in public or at work. The mask should cover your nose and mouth at all times to be effective.
- Keep a safe social distance. If you can reach out and touch the person next to you, you're too close. The recommended distance is 1.5 – 2 metres.
- Wash/sanitise your hands often.

AVOID

- Crowded places such as Malls and Shopping Centres with many people nearby.
- Close-contact settings such as restaurants, especially where people have close-range conversations.
- Confined and enclosed spaces with poor ventilation.

ROAD SAFETY

Follow these tips to help ensure that you reach your destination safely:

- Never drive under the influence of alcohol or drugs.
- Stick to the speed limit and always wear your seatbelt, especially babies and small children.
- Stop often to rest and stretch your legs.
- Always stop in well-lit public places.
- Your membership card is your gateway to appropriate care so make sure you have it with you at all times.

VEHICLE SAFETY

Make sure that your vehicle is roadworthy by performing these safety checks:

- Check the tread and condition of the tyres.
- Ensure your vehicle has a spare tyre.
- Make sure the brakes function properly.
- Make sure that all the windows and mirrors are clean and undamaged.
- Check the water, oil and other liquid levels.
- Check that all lights are working.
- Ensure that your care license and driver's license are up to date.

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Save these numbers on your mobile:

Europ Assist (Ambulance) -
0861 746 548

Platinum Health medical
emergency number
082 800 8727

