

It's sad how the majority of my fellow African brothers and sisters aren't taking Coronavirus seriously. This chant of "Corona is not for blacks" should end. Each and every one of us needs to understand that it is a global problem. COVID- 19 is a worldwide problem and we all MUST be cautious. It shouldn't be entirely upon the medical sector to curb its spread. Prevention ought to start with the public, and this can be done by minding the "minor" things that most people take for granted.

We understand that you have to show affection to each other but for your and the world's sake, don't hug or kiss or whatever else you might be doing. It's not being mean. It's doing everyone else a goddamn favor. By keeping the virus off, you'll be playing a big role in curbing the virus' spread. Every one person matters.

Wash your hands not just after visiting the toilet, but at all times.

Avoid unnecessary shaking of hands. Just a bow, a wave or a nod will do. Better safe than sorry.

Wear a facemask. It's not showing off or whatever. It actually is looking out for yourself and everyone else around you. Let the ignorant mock you but you'll be doing them a favor.

Try your level best to eat foods rich in Vitamin C. That tomato you hardly spare a second glance will do you a lot more good than you'd wager. Sweet potatoes, kiwi fruits, broccoli, cauliflower, strawberries and papaya will also help you out.

Keep home and isolate yourself.

Try your hardest to avoid touching your nose, mouth and eyes with unwashed hands. You never know what deadly germs got stuck onto your palms.

Just a cough, a sneeze or a running nose should be enough to send you wailing to the doctors. Once again, better safe than sorry.

If you feel slightest bit feverish, don't dismiss it with a simple "ahem". Seek medical attention. It's a two- way matter. Isolate yourself from the public and your family might have to suffer through. Go out in the public and that will threaten national safety. Get yourself tested.

The medical sector is working so hard and we need to up our game and assist them. What better way to assist them than to listen to them and take their advice seriously?

Help them, as they are helping you.

COVID- 19 is a GLOBAL threat, it's never restricted to so and so.

Prevention & safety starts with everyone of us. It starts with you, me, them, we, us.

Let's fight this hand- in- hand.

Keep well.

#Rolistance

