

# GREAT4 Diabetes

WHATSAPP DIABETES EDUCATION PROGRAM

To help reduce risk of severe coronavirus and complications from diabetes

**16** **AUDIO MESSAGES**  
(3 – 4 minutes each)

**16** *for*  
**DAYS**



Available in English, Afrikaans and isiXhosa

WhatsApp “Hi” to **087 240 5094**  
to get information at your fingertips

*It’s free. Very low data required. You can stop at any time.*

# GREAT4 Diabetes

WHATSAPP SUIKERSIEKTE OPLEIDINGSPROGRAM

Om die risiko van ernstige koronavirus en komplikasies as gevolg van suikersiekte te verminder

**16** **KLANKBOODSKAPPE**  
(3 – 4 minute elk)

**16** *vir*  
**DAE**



Beskikbaar in Engels, Afrikaans en isiXhosa

.....  
WhatsApp “Hi” na **087 240 5094**  
vir meer inligting

**Dit is gratis.** Baie min data is nodig. Jy kan enige tyd stop.

# GREAT4 Diabetes

SINKQUBO KA-WHATAPP YOKUFUNDISA NGESIFO SESWEKILE

*Ukunceda ukucutha umngcipheko we coronavirus nomonakalo obangelwa sisifo sewekile*

**IMIYALEZO  
ESHICILELWEYO ELI**  
*(imizuzu emi 3 – 4 umyalezo ngamnye)*

**16**

**IINTSUKU EZI**

**16**



**Ifumaneka ngesiNgesi, Afrikaans nesiXhosa**

*Thumela umyalezo othi 'Hi' kule nombolo  
ka Whatsapp **087 240 5094**  
ukufumana ulwazi ngokulula*

**Akukho ntlawulo.** Isebenzisa i-Data encinane. Ungayeka nanini na uthanda.