Submission Preparation Checklist

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| 1. The submission has not been previously published, nor is it before another journal for consideration (or an explanation has been provided in Comments to the Editor).
 | **√** |
| 1. The submission file is in Microsoft Word, Open Office or RTF document file format.
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| 1. All URL addresses in the text (e.g., [http://pkp.sfu.ca](http://pkp.sfu.ca/)) are activated and ready to click.
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| 1. The text is single-spaced; uses a 10-point font; employs italics, rather than underlining (except with URL addresses); and all tables and figures are placed within the text at the appropriate points, rather than at the end.
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| 1. The text adheres to the stylistic and bibliographic requirements outlined in the [Author Guidelines](http://www.safpj.co.za/index.php/safpj/about/submissions#authorGuidelines), which is found in About the Journal.
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| 1. Electronic images are saved as either jpeg or gif files. All photographs were scanned at a high resolution (300dpi, print optimised) and saved/numbered appropriately corresponding with the text.
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| 1. All tracking changes in the document must have been accepted before sending to SA Fam Pract.
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| 1. Have you asked a colleague or language expert to proofread your final manuscript?
 | **√** |
| 1. All supplementary files such as survey instruments or scanned photographs are separated from the main text and will be uploaded as supplementary files.
 | NA |
| 1. In the case of a research paper, prior approval has been obtained from a research ethics committee, and this fact is declared in the methods section of the manuscript.
 | NA |