

How can I protect myself and others from COVID-19?

Most people who become infected will experience mild illness and recover, but it can be more severe for others.

Therefore, you have the responsibility to take preventative measures to safeguard your own health – for your own sake and for the sake of others.



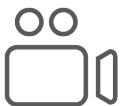
Remember

You may not know when you come into contact with someone who is at high risk of contracting the disease, and for whom COVID-19 may be life-threatening!

Act on the following guidelines as issued by the World Health Organisation (WHO), the National Institute for Communicable Diseases (NICD) and the Centre for Disease Control and Prevention (CDC):

1. Wash your hands

Washing your hands with water and soap regularly is the number one prevention technique for COVID-19.



Watch it

Access the video “How do I ensure that I (and others) wash hands correctly?” on our webpage.

If you wash your hands according to the guidelines and process provided in the video, you will most likely kill the virus.

2. Sanitise your hands

Regularly and thoroughly clean your hands with an alcohol-based sanitiser, should water and soap not be available.



Watch it

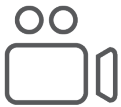
Access the video “How do I ensure that I (and others) sanitise hands correctly?” on our webpage.

If you sanitise your hands according to the guidelines and process provided in the video, you will most likely kill the virus.

3. Wear a mask

The use of fabric or cloth face masks as an additional preventative measure against COVID-19 has been recommended for public use by the National Department of Health (NDoH). The spread of COVID-19 is mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how the flu and other respiratory viruses spread. Therefore, wearing a fabric face mask is added as a prevention measure to help limit community transmission of the virus.

But medical professionals have warned that a mask should be worn, handled and cleaned correctly. Otherwise, it can have the opposite consequence.

**Watch it**

Access the video “How do I ensure that I (and others) wear masks correctly?” on our webpage.

**Remember**

Most businesses are including guidelines regarding masks in their Back to Work Plans / COVID-19 policies and procedures. You are required to adhere to these strictly.

4. Practise social distancing

Try to maintain a distance of two metres from others. In this way you limit the chance that you will breathe in any droplets that could contain the COVID-19 virus. Avoid and/or limit physical contact with others outside of your household (and inside your household should they have been exposed to the virus).

Avoid and/or limit entering crowded areas. Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance. Should you need to enter a crowded area (e.g. a shop), try to practise social distancing to the best of your ability and make use of the other preventative techniques in this document.

**Remember**

Most businesses are including social distancing measures in their Back to Work Plans / COVID-19 policies and procedures. You are required to adhere to these strictly.

**Remember**

During the higher levels of lockdown travelling permits for going to work will be required. Always have your travel permit and a valid form of identification on your person when travelling to and from work.

5. Avoid touching eyes, nose and mouth

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

6. Follow good respiratory hygiene

Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Why? Droplets spread the virus. By following good respiratory hygiene, you protect the people around you from viruses such as colds, flu and COVID-19.

7. Disinfect surfaces and objects

To reduce your chance of catching or spreading the coronavirus, clean and disinfect all surfaces and objects in your home and office every day. This includes:

- Countertops
- Tables
- Doorknobs
- Bathroom fixtures
- Phones
- Keyboards
- Remote controls
- Toilets
- Kitchens
- Cutlery and crockery
- Any purchases or items you bring into your home or the workplace.

Use a sanitising spray or wipe, or a diluted disinfectant such as Jik or Domestos. If the surfaces are dirty, clean them first with soap and water, and then disinfect them. Keep surfaces clean, even if everyone in your house and/or office seems healthy. People who are infected may not show symptoms, but they can still shed the virus onto surfaces. After you visit the pharmacy or supermarket, or bring in takeout food or packages, wash and/or sanitise your hands according to the guidelines provided.



Remember

Most businesses will have specific policies and procedures in place regarding sanitisation, what (or which areas) in the office may be used, what you may bring into the building, etc. You are required to adhere to these strictly.

8. Stay home and self-isolate when you experience symptoms

Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others.



Remember

Most businesses are including measures for when employees experience symptoms in their Back to Work Plans / COVID-19 policies and procedures. You are required to adhere to these strictly.

9. Seek medical attention

If you experience COVID-19 symptoms, seek medical attention. How to go about this, will be addressed in more detail later in this training.

10. Comply with screening and testing requirements

Comply with the government's and your employer's screening and testing requests and requirements. This is for your own safety as well as the safety of others.

Together, and by practising these techniques, we can combat the spread of COVID-19!