

Nelson Mandela University Disease Prevention: Preventative Measures

1.COVID-19 Training on Handwashing

Hand washing is one of the most effective methods to reduce the spread of the virus

Why handwashing?

- The hands are continuously touching surfaces which may contain the viruses
- These surfaces include: door handles, cell phones, pens, laptops, etc

When should you wash your hands?

- Before eating
- After using the toilet
- Before putting on or taking off your mask
- When touching tissues with respiratory secretions
- Whenever your hands are visibly dirty

How to wash hands?

- Hands should be washed thoroughly with safe or clean running water
- And should take about 20seconds (equivalent to singing the happy birthday song)
- Wet hands with running water
- Apply enough soap to lather the hands
- Scrub all surfaces of the hands
 - Including the palms of the hands
 - The back of the hands
 - Between the fingers
 - Under the nails
- Rinse thoroughly with running water
- Dry hands with a clean hand paper towel or hand dryer
- Hand towel can be used to close the tap then discarded in the bin

Important to note:

Hand washing should be adhered to in combination with:

- Temperature monitoring
- Hand Sanitising
- Cough Etiquette
- Wearing of masks

2.COVID-19 Training on Hand sanitiser

Why Sanitise?

- Hand washing is recommended
- If no soap & water is available., use an alcohol-based sanitiser that contains 70% alcohol
- A bottle should be kept on hand always

When should you sanitise your hands?

- Before and after touching a person, who has symptoms of flu or COVID-19
- Before and after touching your mask
- After touching surfaces such as door handles, cell phones, laptops, etc
- After touching tissues with respiratory secretions

How to sanitise hands?

- Spray hands with sufficient sanitizer
- Rub surfaces of the hands
 - Including the palms of the hands
 - The back of the hands
 - Between the fingers
 - Under the nails
- Allow sanitiser to dry on hands
- Do not rinse hands
- Do not ingest the liquid


Important to note:

Hand sanitising should be adhered to in combination with:

- Temperature monitoring
- Cough Etiquette
- Wearing of masks
- Social distancing

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

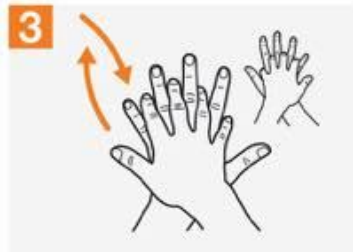
 **Duration of the entire procedure: 20-30 seconds**



1a Apply a palmful of the product in a cupped hand, covering all surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Once dry, your hands are safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES

Clean Your Hands

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3.COVID-19 Training on Social / Physical Distancing

What is Social /physical distancing

- Steps taken to reduce or decrease the physical or social distance and interaction between people.

How to Social distance

- Keep a distance of 1.5 -2meters (3 steps) in diameter
- Avoid contact with someone who is ill or has symptoms of COVID-19
- Stay at home and only go outside your home boundaries:
 - For medical assistance (Healthcare provider)
 - For medical suppliers (Pharmacy)
 - To buy groceries
 - For work purposes
- Use phone or online services to contact your Dr
- Avoid gatherings with family or friends
- Where possible, work from home
- Avoid non-essential use of public transport and if possible avoid the rush hour

Important to note:

Social distancing should be adhered to in combination with:

- Temperature monitoring
- Handwashing
- Hand Sanitising
- Cough Etiquette
- Wearing of masks

4.COVID-19 Training on Masks

Masks are worn to limit the community transmission of the Covid-19 virus

How to wear a mask?

- Firstly, Wash or sanitize hands
- Inspect the mask for any holes or tears
- Ensure the correct side is facing you
- Fit mask over the face
- slip the elastic bands over and behind the ears
- Adjust the mask to cover the nose and chin, making sure there are no gaps in between
- the mask should not be lowered when speaking
- Should you accidentally touch the mask, sanitise your hands

The mask should be changed

- When it is damp /wet
- visibly dirty
- Or at the end of a shift

When Removing the mask

- remove elastic from behind the ears
- Turn mask inside out discard in bin if disposable
- Fabric masks can be placed in container for washing
- Wash hands or sanitise

Fabric masks can be washed

- in hot water and soap
- Rinsed thoroughly
- Dry in the sun
- Once it is dry, iron with a hot iron.

Important to note:

Wearing of masks should be used in combination with:

- Temperature monitoring
- Social distancing
- Handwashing
- Hand Sanitising
- Cough Etiquette

5.COVID-19 Training on Respiratory or Cough Etiquette

What is respiratory or cough etiquette?

- A preventative measure to limit the spread of respiratory germs to others.
- Respiratory illness such as flu can travel easily through air by means of droplets.

How to do Respiratory or Cough Etiquette

- 5 Elements:
- Cover nose or mouth when coughing or sneezing
- Use a bent elbow to cough or sneeze
- When coughing due to illness, use a mask
- Use disposable tissues and discard after use
- Wash hands or use hand sanitizer after contact with secretions (respiratory)
- **It is also helpful to turn away from others when coughing or sneezing**

Important to note:

Cough etiquette should be used in combination with:

- Social distancing
- Handwashing
- Hand sanitising
- Wearing of masks
- Temperature monitoring

6.COVID-19 Training on Temperature Screening

Why Temperature Checks

- Temperature screening is recommended since infected individuals may be in the incubation period
- And may not present with symptoms such as fever, coughing, shortness of breath, etc
- These symptoms can develop from day 2 to day 14 after being exposed to the virus
- Therefore, it is recommended to monitor temperature twice a day
- In order to enter the campus, screening of temperature will be done

How to check Temperature

- Temperature should be checked:
- 30minutes after eating, drinking / exercise
- 6hours after taking medication such as ibuprophen, paracetamol or aspirin

At home without a thermometer:

- Touch the back or chest with the back of hand
- A high fever is feeling hot to touch
- And may be accompanied by shivering or chills

At the workplace using an infra-red thermometer

- A thermal scan with no skin contact
- Maintain social distancing
- Place thermometer close to forehead and scan
- 38°C indicates a fever

Important to note:

Temperature checks alone cannot stop the spread of the virus

It must be used in combination with:

- Social distancing
- Handwashing
- Hand Sanitising
- Cough Etiquette
- Wearing of masks