

Nelson Mandela University Other Useful Information Re COVID-19:



How to use a cloth face mask:

- The face mask must cover the nose and mouth completely.
- Face masks should not be lowered when speaking, coughing or sneezing.
- Face masks should not be repeatedly touched – fidgeting with the mask repeatedly is strongly discouraged.
- The inner side of the mask should not be touched by hands.
- Wash hands after removing the face mask.
- Wash cloth face masks with warm soapy water and iron when dry.
- Each person will need to have at least 2 face masks so that one face mask is available when the other is being washed.

health
Department of Health
REPUBLIC OF SOUTH AFRICA

NDP

Why must I use a cloth face mask when going out in public?



The main benefit of everyone wearing a face mask is to **reduce the amount of Coronavirus or Influenza virus droplets being coughed up by those with the infection**. Since some persons with the Coronavirus may not have symptoms or may not know they have it, everyone should wear a face mask.

WEARING A MASK



DO'S



Do: Pull the hair back



Do: Cover the mouth & nose



Do: Tie the straps behind the head & neck



Do: Remove the mask by grabbing it from the back



DON'TS



Don't: Pull below the nose



Don't: Wear on the forehead



Don't: Pull below the chin



Don't: Cross the straps



Don't: Leave your hair down the face



Don't: Hang the mask from one ear



Don't: Leave the straps hanging



Don't: Wear a dirty or wet mask

Learn more to Be READY for #COVID19:
www.sacoronavirus.co.za

NICD Hotline: 0800 029 999
WhatsApp 'Hi' to 0600 123 456



MAINTAIN PHYSICAL
DISTANCING, BUT
STAY CONNECTED
TO FRIENDS AND
FAMILY ONLINE

#MentalHealth



**World Health
Organization**

REGIONAL OFFICE FOR **Africa**

Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

For ill people

If you are ill with fever and cough



Clean hands frequently with soap and water or with alcohol-based hand rub.



Stay at home; do not attend work, school or public places. Rest, drink plenty of fluids and eat nutritious food.



Stay in a separate room from other family members, but if not possible wear a medical mask and keep a distance of at least 1 meter (3 feet) from other people. Keep the room well-ventilated and if possible use a dedicated bathroom.



When coughing or sneezing, cover mouth and nose with flexed elbow or use disposable tissue and discard after use. If you experience difficulty breathing, call your health care facility immediately.



WHAT DOES MY HOME ISOLATION MEAN FOR ME?



Stay at home. Do not go to work, school, or any public areas.



If necessary, talk to your employer and let them know that you cannot come to work.



Do not use any public transport (including buses, minibus taxis and taxi cabs).



Do not travel.



You should cancel all your routine medical and dental appointments. If possible, you should not even go out to buy food, medicines or other essentials. You should ask friends or relatives to help you to buy groceries and essentials.



If you have access to the internet, you can order your shopping or medications online but tell delivery drivers to leave any items for collection outside your house.



Delivery drivers should not come into your house at all. You should not go outside to exercise, unless you can maintain a safe distance from others in an outdoors space.



You should not have any visitors in your home during your isolation period.



Do keep in touch with your relatives, friends and colleagues over the phone, internet or by using social media.

CREDIT: NICD

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You can help contain the spread of COVID-19



Clean your phone with an alcohol wipe or a microfiber cloth. Your smartphone carries more germs than a toilet seat! The glass and metal in your phone make it the perfect environment for coronavirus to live on.

How should I wash and dry clothes, towels and bed linen, if **someone** in my household is a **suspected or confirmed COVID-19 patient**?

- Wash the patient's clothes, towels and bed linen separately.
- If possible, wear heavy-duty gloves before handling them.
- Never carry soiled linen against your body; place soiled linen in a clearly labelled, leak-proof container (e.g. bag, bucket).
- Scrape off solid excrement (e.g. faeces or vomit) with a flat, firm object and dispose of in the patient's toilet before putting linen in the designated container. Place the excrement in a covered bucket to dispose of in the toilet, if this is not in the patient's room.
- Wash and disinfect linen: Machine wash at 60-90°C with laundry detergent. Alternatively, soak linen in hot water and soap in a large drum, using a stick to stir, avoiding splashing. If hot water is not available, soak linen in 0.05% chlorine for approximately 30 minutes. Rinse with clean water and let linen dry in the sunlight.
- Do not forget to wash your hands at the end of the process.



WHAT DOES A POSITIVE LABORATORY TEST RESULT MEAN?



Your healthcare provider took a specimen from you because you had symptoms and met the current criteria for testing. Follow the guidance on "What to do if I think I have coronavirus disease."

**Refer to the NICD website for more details.*



This specimen was sent to a laboratory. The laboratory tested your specimen for genetic material from the new coronavirus.



This virus has been named SARS-CoV-2. The test was reported as either positive or negative.



If your test was reported to be positive, then genetic material from the coronavirus (SARS-CoV-2) was found in your specimen and you have confirmed coronavirus disease. This disease is now also called COVID-19.

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