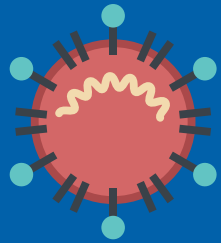


# KEEPING YOUR HOME SAFE FROM THE COVID-19 VIRUS

This guideline is to help you reduce the chance of bringing the Covid-19 coronavirus into your home.



## REMINDER: YOU GET COVID-19 BY...



Droplets from an infected person landing in your mouth, eyes or nose if you are nearby or if you breath it into your lungs.



Touching a surface or object that has the virus on it and then touching your mouth, nose or eyes.

**There is a lot we still don't know but there is evidence that the Covid-19 virus is killed by**



Soap and water used for at least 20 seconds



Most household detergents and disinfectants



Sanitisers that contain 70% alcohol

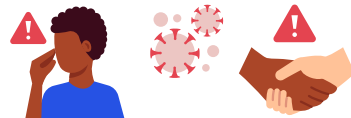
## ALWAYS REMEMBER

People around you can be infectious before they feel sick.



It usually takes 5 days from catching the virus to getting symptoms **(It can take 1-14 days)**

When a sick person coughs and sneezes, droplets spread the virus landing on other people and surfaces. A sick person's hands also touch lots of surfaces and can spread the virus.



The virus lasts on surfaces for up to 3 days (72 hours). **E.g. clothes, steel, plastic, paper, etc.**

Our hands touch many surfaces and then pick up the virus. Our hands transfer the virus from one place to another.

**Things we touch have the biggest risk of having the virus on them.**

## HOW CAN YOU BRING THE VIRUS INTO YOUR HOME?

- On your hands
- On your shopping packets
- On the items you bought that other people in the shop have touched.
- On raw or uncooked meat, vegetables and fruit.

## TIPS FOR YOUR HOME

- Leave your bag on a surface that does not get touched often
- Wash your hands for 20 seconds with soap and water
- Wipe down your phone.
- Wipe down your groceries\* with household detergent or soapy water if possible.
- Wipe down your kitchen surfaces and wash your hands once you have unpacked the shopping
- Wipe down your shopping packets or leave them somewhere for at least 72 hours before using them again.

\*The chance of getting it from goods you have bought at the shops is low but there is a risk and these are good practices if you can do them

## CLEANING SURFACES

Regularly clean your surfaces at home with normal household disinfectant



Focus on surfaces that get touched and used the most. Clean twice a day if possible

## REMEMBER TO CLEAN

- Municipal rubbish bins
- Telephones/ Cellphones
- Gates
- Fridge Doors
- Kettles
- Kitchen surfaces
- Door handles
- Taps
- Light switches
- TV remotes

**Clean in an S shaped pattern so you don't spread the virus instead.**

If you are using a cloth, remember to wash it afterwards and let it dry. Things you use to clean like cloths must be kept germ free otherwise they spread the germs to other areas.

# KEEPING YOUR HOME SAFE FROM THE COVID-19 VIRUS

This guideline is to help you reduce the chance of bringing the Covid-19 coronavirus into your home.

## HANDY FOOD SAFETY TIPS

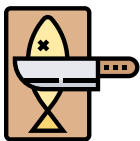
### CLEANING



Ensure food-preparation surfaces are clean before use



Wash and dry your hands after handling foods such as raw meat



Use separate chopping boards for uncooked food – such as raw meat – and food that doesn't need cooking, like fruit and salad



Clean surfaces immediately after use

### MEAT



Raw meat should be handled with care



Cook your meat properly before eating

### FRUIT AND VEGETABLES



Wash fruit and vegetables with soapy, warm water



If the fruit does not have a skin you peel off, wait 48 hrs before eating it or pour boiling water over the fruit before you cut it.



Any vegetables you cook are safe to eat.

### EATING FOOD MADE BY A VENDOR OR RESTAURANT



It is not yet clear if it can be spread by an infected person through food they have handled or prepared if they have not properly washed their hands. In the case of hot food, the virus would likely be killed by cooking.



This may not be the case with uncooked foods like salads or sandwiches.

### WASHING CLOTHES



Normal washing powder will kill the virus



A hot wash is good

### DISHES AND CUTLERY



Wash your spoons, knives and plates with dish washing liquid



Wash in hot water

### FRESH AIR



Flush fresh air through your house by opening windows and doors

### Sources



[www.who.int](http://www.who.int)



[www.health.gov.za](http://www.health.gov.za)



[www.health.harvard.edu](http://www.health.harvard.edu)



[www.nicd.ac.za](http://www.nicd.ac.za)



[www.nhs.uk](http://www.nhs.uk)