

CORONAVIRUS PREVENTATIVE MEASURES

Covid-19 - Is an infectious disease that spreads from person to person mainly through the droplets produced when an infected person speaks, coughs or sneezes in close proximity to another person. The virus is also transmitted by direct contact with an infected person.

WASHING YOUR HANDS IS THE BEST PROTECTION



Use Hand Sanitizer

- ✔ When entering the premises
- ✔ When washing is not an option
- ✔ After touching communal surfaces

Wash Often

- ✔ Use soap and water
- ✔ Wash for at least 20 seconds

AVOID CLOSE CONTACT



You should avoid

- ✘ Kissing, hugging and handshakes
- ✘ Crowded places



You should

- ✔ Apply the 2 metre rule
- ✔ Practice physical distancing

THE TRUTH ABOUT FACE MASKS



Those showing symptoms

- ✔ Wearing a mask will help to prevent the spread of the disease



Not showing symptoms

- ✘ For those who are well and healthy, it will not protect you from contracting the virus

BE CONSIDERATE

- ✔ Stay at Home if you have a fever or flu-like symptoms.
- ✔ Call the South Africa Coronavirus Hotline **0800 029 999**
- ✔ Self-Isolate and avoid contact with others
- ✘ ***Do not come to work!**
- ✘ **Do not visit the Polyoak clinic!**

**Follow normal sick leave procedures on return*

COVER YOUR COUGH OR SNEEZE



Use a tissue

- ✔ Then trash the tissue
- ✔ Wash your hands or sanitize them if no water or soap available



Into your elbow

- ✔ When a tissue is not available

REDUCE YOUR RISKS



- ✔ Avoid unnecessary travel
- ✔ Cancel non-essential meetings with contractors and suppliers
- ✔ Use video conferencing
- ✔ Avoid contact with people that have travelled from high risk *countries
- ✔ Avoid touching your face

**The list of countries could update as things develop.*

CLEAN AND DISINFECT OFTEN



With a household cleaning product, wipe

- ✔ Frequently touched objects
- ✔ Regularly used surfaces such as door handles, switches...