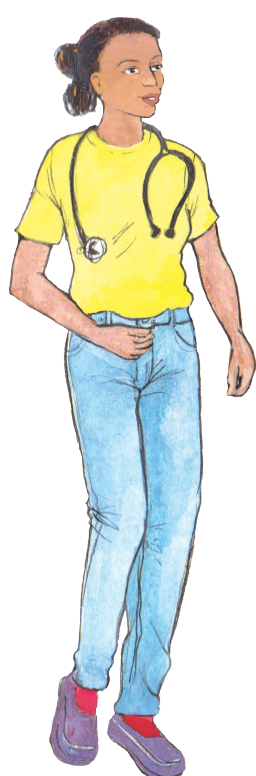


Health workers and coronavirus

What to do before work

Monitor yourself for COVID-19 symptoms

- If you are unwell, stay home and inform your supervisor.
- Complete a COVID-19 symptom screen at the beginning and end of each shift.
- If anyone at home has suspected or confirmed COVID-19, inform your supervisor.



Before leaving home

Clothes

- Wear simple, clothing that can be easily washed.
- Wear dedicated closed work shoes.
- Avoid wearing a belt, jewellery, watch and lanyard.

Wallet and keys

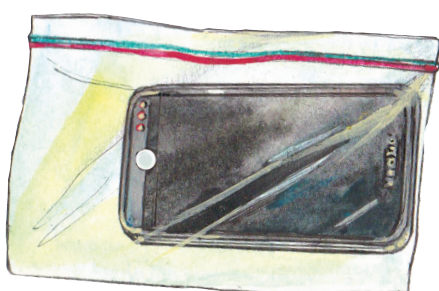
- Leave wallet at home – bring only essentials (like access card, drivers licence, bank card) in sealable plastic bag.



- Keep keys in pocket/bag and do not remove until after washing hands when leaving work.

Phone

- Remove protective case from phone. Keep phone in sealable plastic bag and change this daily.
- Keep phone in pocket/bag, avoid placing it on work surfaces.
- Wipe phone/bag with alcohol-based sanitiser.



Food and drink

- Bring lunch from home in plastic or washable fabric shopping bag.
- Use own water bottle and avoid sharing food.



Wash hands before leaving home.



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

NICD 24-hour hotline number: 0800 11 1131 or 066 562 4021

www.sacoronavirus.co.za

Source: NDoH. COVID-19 Disease: Infection Prevention and Control Guidelines. 2020
Adopted from and sponsored by the Knowledge Translation Unit (KTU).

