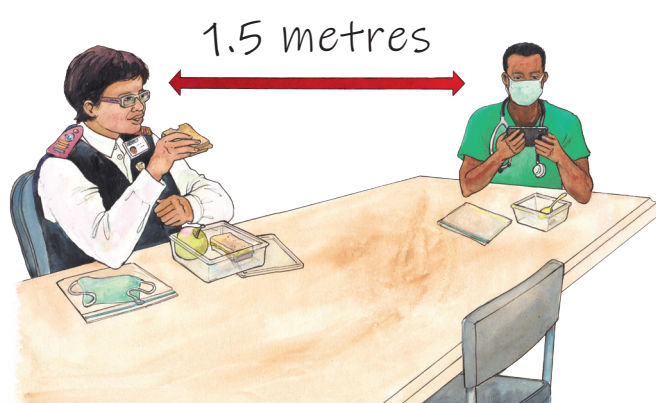


Health workers and coronavirus

How to take a break safely



- Stagger breaks to avoid crowded tearooms.
- Take breaks outside if possible.
- Keep 1.5 metres apart from colleagues.

Remove all PPE before entering tea room.



If reusing mask/respirator, remove and store it safely when eating/drinking.

- Remove carefully without touching the outside.
- Store mask/respirator in clearly labelled, clean paper bag.
- Put mask back on as soon as finished eating or drinking.
- Wash hands well after removing mask and after putting it back on.
- If not reusing mask, discard it in designated waste bin.

Disinfect phone/bag and wash hands well before eating or drinking.

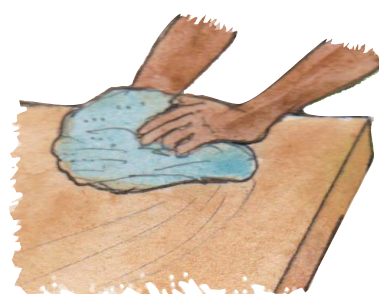


Avoid sharing cups, bottles, cans, dishes, eating utensils – wash these well after use.

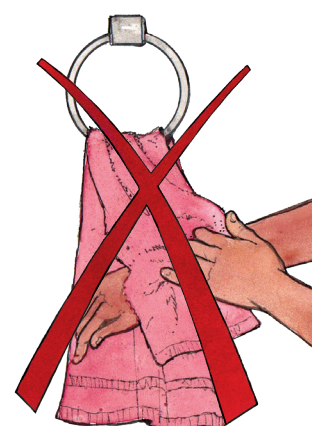


- Avoid sharing food and drink.
- Avoid bought lunches and drinks from canteen.
- Avoid water coolers.

Keep windows and doors open. Report windows that don't open.



Clean and disinfect frequently touched objects (like kettle, toaster, microwave, counters, door handles, window handles) regularly.



Avoid sharing towels. Use paper towel instead.



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).

