Coronavirus
COVID-19

(According to the World Health Organisation, the following is important information regarding the Coronavirus)

What is the Coronavirus?

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases.

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, and other medical related symptoms.

How does the virus spread?

The virus is thought to be spread mainly from person-to-person;

- Between people who are in close contact with one another
- Through respiratory droplets produced when an infected person coughs or sneezes.
- Touching objects or surfaces that an effected person has coughed or sneezed on and then touching your mouth.

What are the early warning signs?

Early symptoms of Coronavirus infection usually include:

- A cough and a sore throat
- A high fever (over 38 Degrees)
- Feeling tired and fatigued
- Difficulty breathing

Basic protective measures against coronavirus

Wash your hands frequently
Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing
Maintain at least 1 metre distance between yourself and anyone who is coughing or sneezing.
Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the coronavirus if the person coughing has the disease.

Avoid touching eyes, nose and mouth
Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene
Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and coronavirus.

If you have fever, cough and difficulty breathing, seek medical care early
If you have a fever, cough and have difficulty breathing, seek medical attention and follow normal medical protocol. Follow the directions of your local health authority.
Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Protect yourself and others from getting sick
Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

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Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue

Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick

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Travel Restrictions
Please contact your HR Manager regarding travel restrictions in place.

Get Your Hand Hygiene Right

Your handwashing technique is also important - so here's a quick rundown on the things that matter.

Don't rush: A quick splash under the tap isn't enough. For germ-free hands you'll need to do a thorough wash under clean running water, lasting 20 seconds, with lots of rubbing together of the hands (front, back and between the fingers). Children can be encouraged to sing the entire "Happy Birthday" song twice to make sure they wash their hands for long enough.

Soap up: If you're at a tap and there's some soap nearby, use it. Any germs on your hands will be attached to the layer of acidic fats, oils and cellular debris on the surface of the skin. Soap dissolves this layer and so does a better job of dislodging the bugs than merely rubbing your hands under water alone.

Liquid versus bar soap: While liquid soap is less likely to be contaminated than a cake of soap, this is more of an issue in public places than at home.

Antibacterial isn't any better: It may be tempting to use antibacterial soaps to be sure you get rid of all the nasties, but there's no proof these products work any better than regular soap and water. Rather there are fears these products may actually cause harm by encouraging bacteria to become resistant to their active ingredients.

Running water is best: It's best to use running water if you can, as clean hands are likely to become contaminated again if you wash them in a sink or bowl of water. If there's no running water then make do with what is available.

Water temperature: Very hot water may kill disease-causing microbes, but the temperature needed (80 degrees Celsius) would leave you with significant burns. Soap lathers better in warm water, which is also less likely to strip away the natural oils in your skin than either hot or cold water.

Remember to rinse: Once the soap and the friction have lifted the dirt and germs from your hands, you want to rinse them down the sink. Again, you want to rinse under clean running water if possible.

When there's no water, a hand sanitiser or gel that contains at least 60 per cent alcohol is your best bet.