

## COVID-19 - SAFETY PRECAUTION TIPS

- Avoid reading “fake news” on social media. Use reliable sites such as WHO <https://www.who.int/>
- EDUCATION is key. Share reliable, factual information with as many people as possible, from the poorest person to the richest, as this virus will undoubtedly affect us all, whether it be psychological, physical, social, travel or financial. It has and will disrupt life as we know it!
- TRANSMISSION of the virus is thought to spread mainly from person-to-person, particularly between people who are in close contact with one another. Respiratory droplets are produced when an infected person coughs or sneezes. These droplets may land on the faces of nearby people, entering their body through their eyes, nose or mouth, and inhaled into the lungs. Although people are thought to be the most contagious when they are the most sickest, they may spread the virus before actually developing any symptoms. A person may contract COVID-19 by touching a surface or object that has the virus on it, and then touching their own mouth, nose, or eyes. Apparently the virus can live on hard surfaces for up to 72 hours or possibly even days.
- Avoid touching your face - eyes, nose, and mouth with unwashed hands. (Easier said than done though!)
- Incubation period is between 5 to 14 days.
- STAY AT HOME IF YOU ARE SICK, and stay there until fully recovered. Keep sick children away from school and sick employees away from work! People who are mildly ill with COVID-19 are able to recover at home. Do not leave home except if absolutely necessary, e.g breathing problems which require emergency medical care.
- Do not visit public areas.
- Stay in touch with your doctor, clinic or local hospital. Call ahead before you visit or transport a patient to a doctor, clinic or hospital. (EMERGENCIES ONLY) This will help the health care workers to protect themselves and other patients.
- Avoid using public transport.
- Ensure farm drivers transporting sick people, are adequately protected.
- 2 week self-isolation (quarantine) is very important for those people who have
  - a) Recently returned from travel outside Zimbabwe
  - b) Been in contact with or looked after a sick person
  - c) Begin developing symptoms themselves. Obviously in farm labour housing, this is very difficult, so the most important factor is good hand hygiene.
- HAND WASHING is the best form of defense! Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, or coughing, or sneezing into your hands. Sing a short song to yourself whilst washing hands, to ensure you wash for long enough. e.g “Happy Birthday to me” ( A short Shona song might be more appropriate for farm workers). To be effective, 20 seconds or longer is the recommended hand washing time. Ensure the palms, top of the hands, fingers, in between fingers, fingertips, nails and wrists are thoroughly washed with soap and rinsed.
- At some farms and schools in conjunction with the usual bathroom washing facilities, to encourage constant hand sanitization, they have strategically placed hand sanitizing bins around their yards.

- These are filled with either liquid hand washing soap or bleach Solution, and all people are encouraged to wash their hands from them. Wash hands thoroughly, splash the tap with the solution to decontaminate it before turning it off, and air dry hands. Some have hand sanitizers to apply after hand washing.
- Smaller 20L containers with taps might be a better option for farms. Place them everywhere and encourage the workers, visitors to use them.
- Remember the prepared Bleach solution must be changed every 24hours or until no chlorine can be smelt.
- Do not use material towels to dry hands. They are an ideal environment to harbor viruses and bacteria! If paper towels are not available, air dry hands.
- Mothers should be discouraged from wiping sick children's noses with their clothing or towels. Encourage them to discard the soiled toilet paper into a bin or toilet, and not throw it on the ground, and then wash their hands immediately after wiping their child's nose.
- Avoid sharing personal household items such as dishes, cups, eating utensils, and towels. (difficult in poor communities)
- People should be discouraged from spitting on the ground.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% - 70% alcohol. Cover all surfaces of your hands as if hand washing, and rub them together until they feel dry.
- The WHO recommended Bleach Solution or sanitizers can be used to decontaminate surfaces. e.g door handles, light switches, taps, toilet flushing handles, tables, vehicle steering wheels, soiled laundry etc.
- Continual decontamination throughout the day, of these hard surfaces must be encouraged
- Cough / sneeze into elbow not into your hands
- DO NOT shake hands, fist pump or elbow tap.
- MASKS should only be worn by sick people, to avoid them from spraying droplets into the air, and onto surfaces. If you are NOT sick, you do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks are in short supply and should be saved for health care providers.
- SIGNS & SYMPTOMS: Some individuals who have contracted the virus have reported feeling like they just have a common cold. Others are sicker with flu like symptoms, whilst some develop severe respiratory conditions such as pneumonia.
- Symptoms of the virus may present in 3 stages:
  1. Like a common cold, without a runny nose. "Scratchy throat"
  2. Feverish, muscle aches, shortness of breath, general malaise. (Flu like)
  3. Severe breathing difficulties - Pneumonia
- The elderly and people who have severe underlying chronic medical conditions, such as heart or lung disease and diabetes, are at a higher risk for developing more serious complications from the virus.
- Children and young adults, seem to be more resilient.
- People with Covid-19 can stop home isolation under the following conditions:

- The majority of sick people will not have been tested to determine if positive for Covid. They can stop isolation after these three conditions have been met:
  1. No fever for at least 72 hours (i.e three full days) without the use fever reducing medicine such as Panadol.
  2. Other symptoms such as coughing have improved.
  3. At least 7 days have passed since symptoms first appeared

*(Extracted from tips by from Kay Kondonis RGN/ EMT)*

**NB: YOU CAN PRINT THE PICTURES BELOW AND BUILD AWARENESS AT FARM LEVEL BY STICKING THEM IN AREAS WHERE BOTH FARM WORKERS AND VISITORS CAN READ.**

# Symptom Comparison

Symptoms	Cold	Influenza (Flu)	Coronavirus (COVID-19)
Cough	Rare	Often	Often
Fever	Rare	Often	Often
Fatigue	Sometimes	Often	Often
Shortness of Breath	Rare	Rare	Often
Stuffy Nose	Often	Sometimes	Rare
Sneezing	Often	Rare	Rare
Sore Throat	Often	Sometimes	Sometimes
Headache	Rare	Often	Sometimes
Body Aches	Often	Often	Sometimes
Diarrhea/GI	Rare	Sometimes	Sometimes

\*Symptoms may range from mild to severe depending on individual health and/or pre-existing conditions. Consult your physician with questions.

YaleNewHaven**Health**

Together we can win the fight against COVID-19





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# **CHENGETEDZA UTANO DZIVIRIRA VAMWE KUBVA KU CORONAVIRUS**

**Kana uchikosora kana  
kuhetsura shandisa tishu  
kana kukosorera mukati  
megokora rako**



**Rasa tishu mugaba  
remarara uchangopedza  
kurishandisa**

**Geza maoko uchishandisa  
sipo nemvura yakachena  
mushure mekunge  
wakosora kana kuhetsura.  
Ita zvimwechete kana uri  
kuchengeta murwere**



**#coronavirus**

**#COVID19**

# **CHENGETEDZA UTANO ZVIDZIVIRIRE KUBVA KU CORONAVIRUS**

## **Mubvunzo**

**Torega here kumhoresana neruoko kana kupana chishanu nekuda kwe hwutachiona hwe Coronavirus?**



## **Mhinduro**

**HONGU Hwutachiona hwe Coronavirus hwunogona kutapudziranwa mushure mekunge mamhoresana mobva mabata maziso, mhuno kana muromo**

# **SIMUDZIRANAI MAOKO PAKUMHORESANA**

**#coronavirus**

**#COVID19**

# CHENGETEDZA UTANO KANA UCHINGE WAFAMBA

## USASWEDERA PEDYO

nevanhu vari kupisa  
muviri kana kukosora



## GEZA MAOKO

nguva nenguva nemvura  
ne sipo kana kushandisa  
mafuta akagadzirirwa  
kuchenesa maoko pasina  
mvura

EDZA NEPESE PAUNOGONA  
NAPO KUSABATA MAZISO,  
MHINO KANA MUROMO



#coronavirus

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