

# REDUCE

## THE RISK OF COVID-19

### STAY THE COURSE

HERE ARE THE SIMPLE, SPECIFIC MEASURES WHICH, WHEN THEY ARE ALL USED TOGETHER, ENSURE GREATER SAFETY AGAINST THE TRANSMISSION OF COVID-19.



#### UNIVERSAL MASKING IN PUBLIC

Follow the steps below to wear a face mask properly to help reduce the transmission of COVID-19:

- Perform hand hygiene before you put on your face mask.
- Also, perform hand hygiene after you take off your face mask.
- Do not leave your mask hanging under your chin or from the neck.
- Do not touch your face when you have your mask on.
- Do not wear your mask on your head.
- Do not wear your mask loosely with gaps on the sides.
- Do not wear the mask below your nose.
- Do not leave your chin exposed.
- Wear your mask so that it comes close to the bridge of your nose and completely covers your chin.
- When using a cloth mask, three layers are recommended.
- Do your best to tighten the loops or ties so that it fits snugly around your face and that it is without gaps.



#### SOCIAL DISTANCING

Follow the physical distancing guidelines below to stay safe from infection via respiratory droplets:

- Keep a distance of two metres.
- No physical greetings – only nod or wave.
- Avoid gatherings and public areas, especially in closed indoor spaces.
- Do not share food or personal belongings.



#### HAND HYGIENE

Performing hand hygiene plays an important part in limiting the spread of COVID-19. Ensure that you do so in the following instances:

- Before putting on a mask and after taking it off.
- After coughing and sneezing.
- When caring for the sick.
- Before, during and after food preparation.
- Before eating.
- After using the toilet.
- After contact with the environment and when your hands are dirty.
- Clean your hands regularly by washing your hands often with soap and water for at least 20 seconds or rubbing hands with a hand rub containing 70% alcohol for 20 to 30 seconds or until dry.



## CLEAN ENVIRONMENT

It is important to ensure your hands are kept clean, surfaces, as well as frequently touched objects, and that your immediate environment is cleaned and disinfected regularly. Routinely clean surfaces that are often touched including:

- Keys and keyrings.
- Remote controls.
- Telephones and cell phones.
- Staircase handrails and lift buttons.
- Tablets, computers and laptops.
- Counters and tabletops.
- Doorknobs.
- Bathroom fixtures.
- Toilets.

Clean the area or use a surface disinfectant. Be sure to follow the instructions on the label to ensure the safe and effective use of the product.



## GOOD VENTILATION

Ventilation can be one of the most effective environmental measures to reduce the risk of the spread of infections. Windows should be opened where possible to increase ventilation in a room except where specific air handling units are installed (for instance, in theatres or intensive care units).



## COUGHING AND SNEEZING ETIQUETTE

Protect other people from getting sick. Ensure you follow the correct etiquette for coughing and sneezing by doing the following:

- Always wear a mask if you are in public. If you are coughing or sneezing, also wear a mask at home to limit the spread of infection in your home.
- When coughing or sneezing, cover your mouth and nose with a flexed elbow or preferably use a tissue.
- Discard used tissues in a bin immediately after use.
- Perform hand hygiene (washing or using alcohol-based hand rub) especially after coughing or blowing your nose.
- If ill, stay at home to prevent the spread of disease to others.



## MINIMISE SOCIAL GATHERINGS OUTSIDE YOUR SOCIAL BUBBLE

While many at home have grown tired of the virus, the reality is that we will have this risk with us for quite some time. We need to be conscious of this and protect ourselves and those around us, as best we can. Try and limit social gatherings outside of the group of people that you normally interact with (social bubble).



## STAY AT HOME IF YOU DO NOT FEEL WELL

The risk to the community is minimised when we remove the potential for transmission.



## IMPROVED ACCESS TO OUR FACILITIES

For your convenience, Mediclinic has introduced a WhatsApp screening bot to improve access to our facilities. This screening can be done via your telephone from the convenience of your home before visiting the facility.

**Mediclinic would like to encourage our communities to work together to collectively reduce our risk. By adhering to all the elements of the tried and tested measures, we support and protect each other.**

**EXPERTISE YOU CAN TRUST.**

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