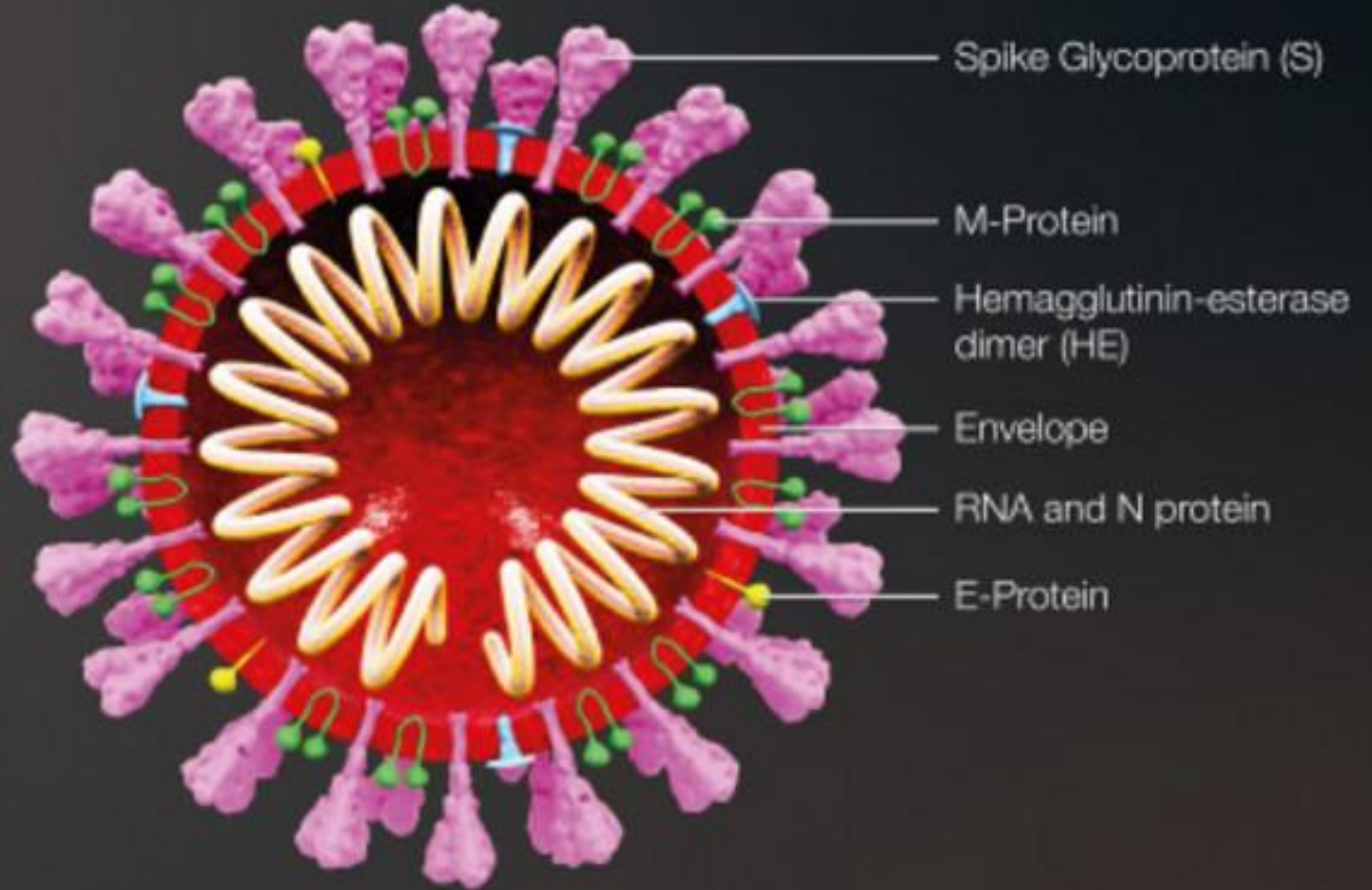
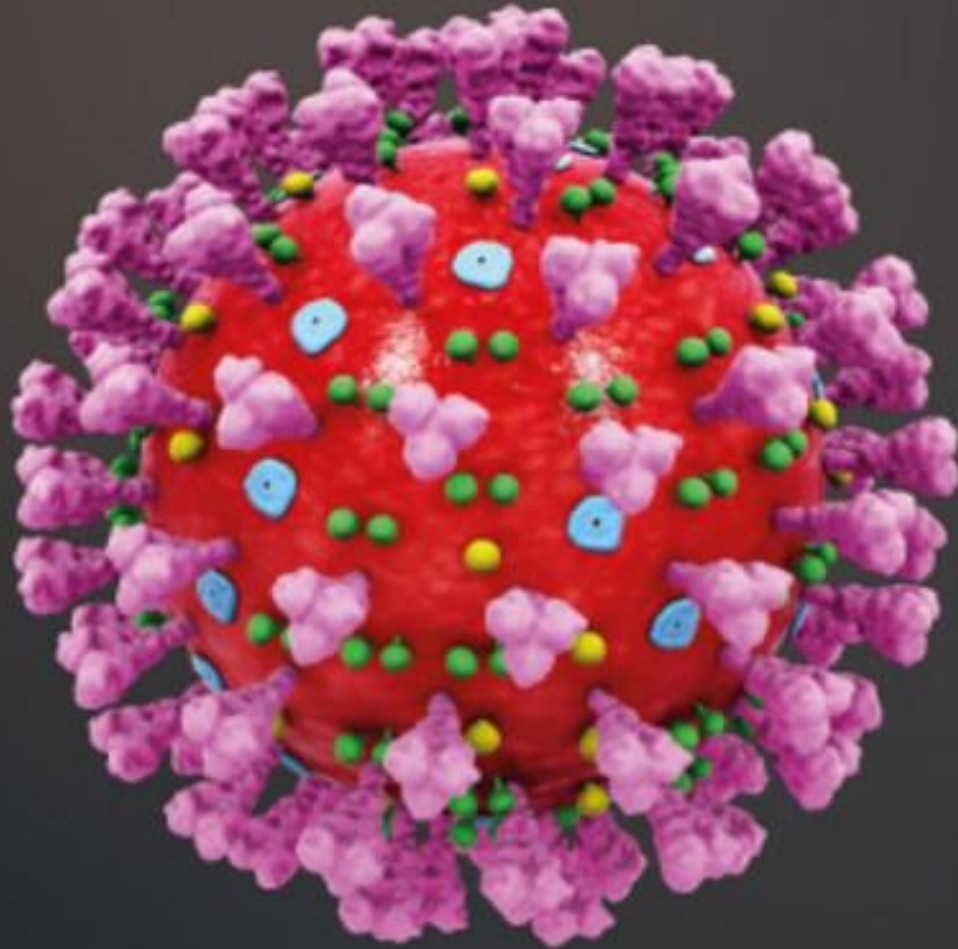


COVID-19 INDUCTION

PREVENTION IS BETTER THAN CURE





WHAT IS COVID-19

Coronaviruses are a large group of viruses that cause diseases in animals and humans. They often circulate among animals and can sometimes evolve and infect people. In humans, the viruses can cause mild respiratory infections, like the common cold, but can lead to serious illnesses, like pneumonia.



WHERE DID IT COME FROM?

A novel coronavirus (SARS-CoV-2) that causes the disease Coronavirus Disease 2019 (COVID-19) emerged in a seafood and poultry market in Wuhan, China in December 2019. Cases have been detected in most countries worldwide, and on March 11, 2020, the World Health Organization characterized the outbreak as a pandemic. Human-to-human transmission occurs through close contact.

(Ref: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7169770/>)



WHAT ARE THE SYMPTOMS?

- Fever
- Cough
- Shortness Of Breath Or Difficulty Breathing
- Chills
- Fatigue
- Muscle Pain Or Body Aches
- Headache
- Sore Throat
- New Loss Of Taste Or Smell
- Congestion Or Runny Nose
- Nausea Or Vomiting
- Diarrhoea



ARE INDIVIDUALS CONTAGIOUS BEFORE THEY DEVELOP SYMPTOMS?

There is evidence that the novel coronavirus can be spread before an individual develops symptoms. This poses a problem because people who do not know they are infected may continue to go to work, school, and other public places. People who are sick and have symptoms are more likely to stay home, which means fewer opportunities for the virus to spread from one person to another



WHAT SHOULD I DO IF I THINK I MAY BE INFECTED?

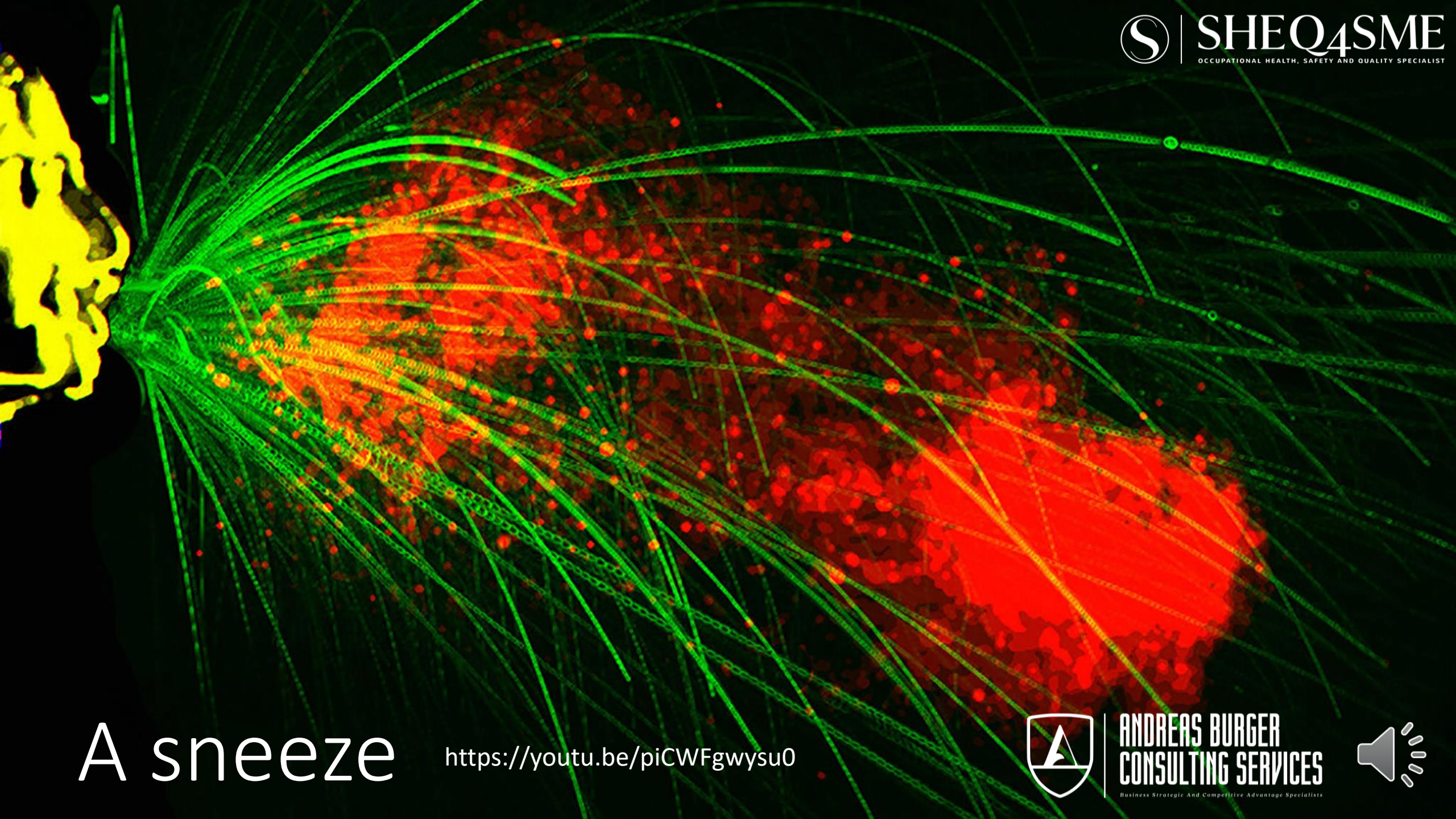
- Those who think they may have been exposed to coronavirus, either through travel to an affected area or close contact with someone who has a confirmed case, should call a healthcare professional if they have any of the symptoms.
- It is important to call first, so that the clinic or hospital can prepare and prevent the spread of infection. Stay home and away from other people if you might have been exposed to COVID-19.



PREVENTION – HOW IS COVID-19 TRANSMITTED?

The virus that causes COVID-19 is thought to spread mainly through close contact from person-to-person (within about 6 feet/1.5M). It can be spread through respiratory droplets when an infected person coughs, sneezes, or talks. Recent studies have indicated that COVID-19 may be spread by people who are not showing symptoms, which is why face masks are recommended.





A sneeze

<https://youtu.be/piCWFgwysu0>



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HOW DO I PRETECT MYSELF?

Everyone should practice the following healthy habits to help prevent the spread of coronavirus and other respiratory viruses:

- Get vaccinated when eligible
- Stay home as advised by state and local public health officials
- Wear a face mask if you do go out
- Practice social distancing—stay at least 1,5m apart
- Wash hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, and mouth
- Cover coughs and sneezes
- Clean and disinfect common objects and surfaces daily
- If you need medical care, call first



HI-RISK INDIVIDUALS – WHAT TO DO?

- Follow the recommended preventive steps: Stay home as advised, wear a mask, practise social distancing, and wash your hands frequently. If you have a chronic medical condition like heart disease, high blood pressure, diabetes, or lung disease, you should also:
- Continue taking your medications
- Have at least a two-week supply of all prescription (and non-prescription) drugs
- Talk to a healthcare professional to make sure you are up-to-date on all recommended vaccines, including vaccines to protect against influenza and pneumococcal disease



Do facemasks protect against COVID-19?

- Face masks can help prevent an infected individual from spreading the virus. CDC recommends using breathable cloth such as 100 per cent cotton, with two layers of fabric for optimal filtering. When held up to bright light, the fabric should not let a lot of light shine through. Face coverings should:
- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to the shape
- Face masks are not recommended for children less than two years of age or by individuals who have trouble breathing or who cannot easily remove them.



How to use a facemask

Wear your Mask Correctly

- Wash your hands or use hand sanitizer before putting on your mask. Wash your hands
- Put the mask over your nose and mouth and secure it under your chin.
- Fit the mask snugly against the sides of your face, slipping the loops over your ears or tying the strings behind your head.
- If you have to continually adjust your mask, it doesn't fit properly, and you might need to find a different mask type or brand.
- Make sure you can breathe easily.





Masks – The “Dos”

Dos

- Wear a mask over your nose and mouth to help prevent getting and spreading COVID-19.
- Wear a mask in public settings when around people who don't live in your household, especially when indoors and when it may be difficult for you to stay 1,5m apart from people who don't live with you.
- Wear a mask correctly for maximum protection.
- Wear your mask under your scarf, ski mask, or balaclava in cold weather
- Keep a spare mask to replace one that becomes wet from moisture in your breath, snow, or rain.
- Store wet reusable masks in a plastic bag until they can be washed.
- **Wear mask on all client sites at all times**



Masks – The “Don’ts”



Don'ts

- Put the mask around your neck or up on your forehead.
- Touch the mask, and, if you do, wash your hands or use hand sanitizer

Take Off Your Mask Carefully, When You're Home

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine
- Be careful not to touch your eyes, nose, and mouth when removing and wash your hands immediately after removing.



Taxis & Busses - Transportation

- Do not use public transport if you are sick
- Wash your hands often with soap for 20 seconds or use hand sanitiser before and after travelling
- Cough and sneeze into a tissue or your elbow
- Do not touch your face, especially your eyes, nose and mouth
- Limit contact with common surfaces like handrails and vehicle doors, and wash your hands as soon as you can
- Wear a face mask
- Open the windows of the vehicle if possible
- Use exact fares to limit contact with conductors and money



Remember: Face masks are not a substitute for other preventive measures—continue to wash your hands properly, avoid touching your face, and maintain social distancing (stay at least 6 feet apart from others) in conjunction with wearing face masks in public spaces.



Will a vaccine be available in S.A.

- *With the first COVID jabs beginning to roll out, South Africa has announced its plan to reach two-thirds of the population once doses reach its shores. The country is hoping to secure direct deals with manufacturers by February. Shots via the procurement mechanism, COVAX, are expected by the beginning of the second quarter of 2021. Here's a look at who will get it and how.*



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South Africa's Vaccine Rollout Plan

Phase 1:

Frontline healthcare workers

Target population: 1 250 000

Phase 2:

Essential workers

Target population: 2 500 000

People in congregate settings

Target population: 1 100 000

People over 60 years old

Target population: 5 000 000

**People over 18 years old with
co-morbidities**

Target population: 8 000 000

Phase 3:

Other persons over 18 years old

Target population: 22 500 000



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Summary

The Do's

- Do wash your hands before you wear your mask. Only touch the ear loops
- Do Practice good hand hygiene and wash your hands frequently, especially before you eat, after you use the restroom, blow your nose or cough or before you touch your face.
- Do cover your cough or sneeze. The best way to cough or sneeze is into your elbow and not your hands.
- Do wipe down all surfaces you come into contact with
- Do call ahead to the doctor/emergency room before you head there if you think you may have symptoms concerning for COVID-19. You should also wear a facemask to protect others.
- Do Social distancing
- Do Wear cloth mask
- Do be mindful of what you surfaces you are touching and how frequently you are touching your face.
- Do go outside and get regular exercise but remember to wear that cloth face covering
- Do remember that virus may live on surfaces like cash or credit cards. Wash your hands thoroughly after handling cash or credit cards before touching your face

Summary – The Don'ts

- Don't panic – It is not a 'panic-demic' but don't take this lightly either, especially if you are healthy! Emotional contagion is the spread of fear or panic and is more contagious than the virus itself.
- Don't touch your eyes, nose, mouth or face without washing your hands.
- Don't put your shoes on surfaces you may touch. We know that the coronavirus can sustain itself on surfaces, but don't yet know how long. Since we don't typically sanitize the bottom of our shoes, we should try to avoid contact of shoes with jackets, scarves, purses, pens or other surfaces we commonly touch.
- Don't treat "social distancing" like a "vacation". This is not the time to run errands or go to the mountains. It is important to stay home and stay away from others for this to work
- Don't plan "play dates" for your kids if they are not in school. The reason schools are closed is because of "social distancing" and getting a number of kids and parents together defeats that purpose by increasing contact.
- Don't shake hands or give hugs as greetings.
- Don't call for testing if you don't have symptoms