

FOR PSA MEMBERS: *GENERAL 7/2020*

11-03-2020

PSA advice: Corona virus (COVID-19)

The Corona virus, which has been causing havoc internationally, has reached South African shores and the likelihood of it spreading is unfortunately strong. PSA members are advised to follow the necessary preventative steps to limit the spread of the virus, which according to the World Health Organisation, include:

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 an alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

Maintain a distance of at least one metre distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes, there is a spray small liquid droplets from their nose or mouth that may contain a virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing is infected.

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 - cover your mouth and nose with your bent elbow or a tissue when you cough or sneeze. Dispose of the used tissue immediately.

Why? Droplets spread the virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

If you have a fever, cough and difficulty breathing, seek early medical care

Stay home if you feel unwell. If you have a fever, cough and have difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why? National and local authorities have the most up-to-date information on the situation in your area. Calling in advance will allow your healthcare provider to quickly direct you to the right health facility. This will also protect you and help prevent the spreading of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why? National and local authorities will have the most recent information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

In as much it is part of the South African culture, the shaking of hands and other forms of physical greeting should be avoided during the period of risk.

GENERAL MANAGER