

Covid-19: Protecting health at home

A guide to the employers of general workers at home

SCREENING

Screen domestic staff daily by asking if they have a cough; sore throat; any breathing difficulty; body aches; loss of smell or taste; eye redness; nausea or vomiting or diarrhea; or tiredness or weakness. If possible, take a temperature and rather send staff home if they have a fever above 37.3 °C

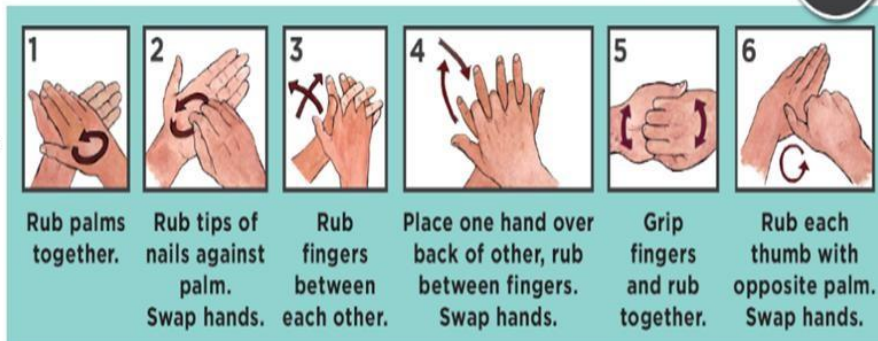
HAND WASHING

Encourage everyone in your home to wash their hands often and correctly as below:

How to wash your hands

- Use these steps to wash your hands for at least 20 seconds.
- Roll up your sleeves, rinse hands in clean water and apply soap to palm of hand.

20
seconds



- Rinse your hands with clean water and dry on paper towel or allow to dry on their own.
- If you have hand sanitiser use it if your hands are not dirty and only if you have no soap and water.

CLEANING AND DISINFECTING

- Clean surfaces that are frequently touched using the household detergents that you usually use with warm water. Use household disinfectant after the surface is cleaned. Surfaces include tables, door knobs, light switches, counter tops, fridges, handles, desks, phones, key boards, remote controls, toilets and the handles, taps, sinks, microwave and kettle handles, etc.
- Unexpired household bleach is effective against the coronavirus.
- Clean the toilet with bleach containing products -look for hypochlorite in the contents.
- Wash all shared cutlery and crockery with some bleach in the washing up water. Dishwashers are ideal.

FACE MASKS

It is mandatory to wear a material face mask in public spaces and at work. The employer and the staff member need to wear a 3-layered cotton woven material face mask, covering both the nose and mouth.

SUGGESTIONS FOR THE EMPLOYER

- Provide a suitable place to for staff to change outer garments, such as jackets and handbags.
- Consider providing an overcoat or overall, that is washable to wear while working.
- Assist with provision of cloth facemasks or disposable masks for work.
- Provide a 70% alcohol-based hand sanitizer (a bottle to take home and also small unit to travel with)
- Provide hand soap and a clean dry towel for staff to wash hands -do not share towels in the home.
- Assist your staff with info about Covid-19 and infection prevention in the community and public transport.

ARRANGEMENTS IN THE WORKPLACE

- Wash or sanitize hands on arrival.
- Maintain social physical distancing within the house wherever possible.
- Remove mask by the elastics for eating and fold with the inside together. Put the mask on a clean dry surface / kitchen towel paper that must be disposed of afterwards. Clean the surface area afterwards.

The national COVID-19 hotline can also be phoned for instructions: **0800 029 999**

Source: Extract from a guide compiled by: Prof. Marina Clarke (PhD, RN, OHS); Dr. Guin Lourens (PhD, RN) and Dr. Stefanus Snyman (MB, ChB; MPhil (HealthScEd); DOM).