



COVID 19

(Coronavirus)- Updates

Everything you need to Know.

Know How it Spreads?



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs

Take steps to protect yourself



- **Clean your hands often**
- 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, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands



Avoid close contact

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

South African Farmers Development Association

Registration number 163-564 NPO

KwaShukela, 170 Flanders Drive
Mt Edgecombe, KwaZulu-Natal
P.O. Box 1769
Mt Edgecombe Country Club, 4301

031 508 7283
info@sa-fda.org.za
www.sa-fda.org.za



Take steps to protect others



Stay home if you're sick

Stay home if you are sick, except to get medical care.

- a) Please conduct daily self-monitoring of your body temperature and symptoms.
 - Look out for fever (more than 38°C) and symptoms of cough and shortness of breath.
 - If these symptoms were to develop or worsen and you are not feeling well, please seek medical treatment at nearest healthcare facility IMMEDIATELY.
- b) At all times, practice the following:
 - Cover your mouth and nose using tissue whenever you cough and sneeze. Throw the tissue in trash after you use it. Wash your hands with soap and water or use hand sanitizer regularly
 - Always follow cough etiquette
 - Use surgical face mask whenever you have respiratory symptoms or being in public or close contact with people (for this purpose, the N95 mask not necessary)
 - Always maintain good personal hygiene and cleanliness
 - Avoid contact with relatives or friends who are over 70 years of age, or who have chronic diseases that may place them at additional risk (see list above)
 - Please inform your supervisor on your health status regularly.



Cover coughs and sneezes

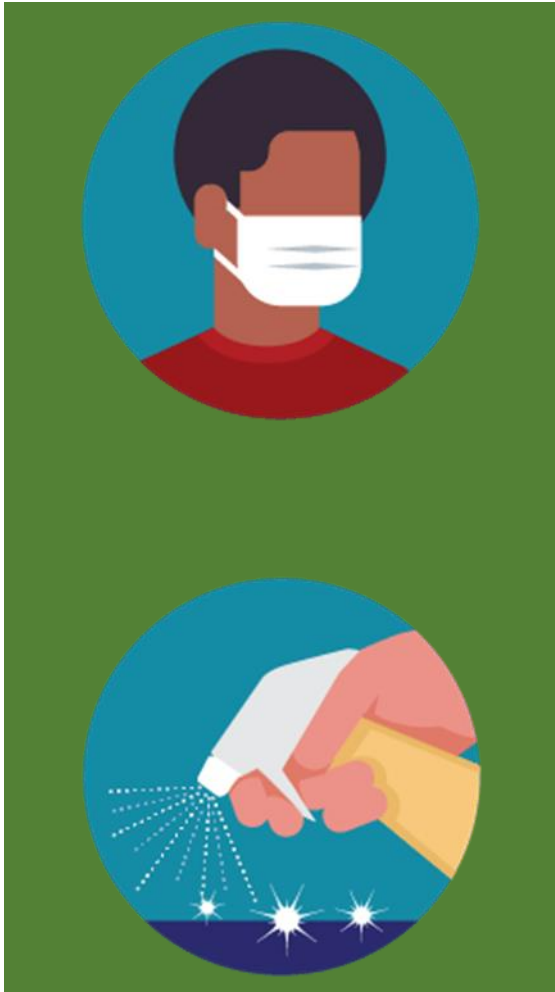
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol

South African Farmers Development Association
Registration number 163-564 NPO

KwaShukela, 170 Flanders Drive
Mt Edgecombe, KwaZulu-Natal
P.O. Box 1769
Mt Edgecombe Country Club, 4301

031 508 7283
info@sa-fda.org.za
www.sa-fda.org.za





Wear a facemask if you are sick

- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
- 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 may be in short supply and they should be saved for caregivers.

Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets,

South African Farmers Development Association

Registration number 163-564 NPO

KwaShukela, 170 Flanders Drive
Mt Edgecombe, KwaZulu-Natal
P.O. Box 1769
Mt Edgecombe Country Club, 4301

031 508 7283
info@sa-fda.org.za
www.sa-fda.org.za

