

Teachers and COVID-19

Do you have underlying conditions?

Teachers who are over 55 years and have underlying conditions such as HIV, TB diabetes, cancer, serious lung and heart conditions, high blood pressure are at a higher risk of getting very sick with coronavirus.

I have COVID-19 symptoms. Now what?

- If you are at risk of severe COVID-19, contact your health provider, facility or hotline to discuss having a test for COVID-19.
- If you are not at risk of severe COVID-19, assume you have COVID-19. Don't panic. Remember most people have a mild illness. You are unlikely to be tested unless you are at risk of severe COVID-19.
- Stay home unless you have warning signs. If working, inform your supervisor.
- Limit contact with others. Safely isolate in your own room if possible.
- Ask someone to do your shopping, collect medication or pension/grant.
- Watch for warning signs, especially at 5-7 days.
- If symptoms are no better after 7 days, contact health provider or facility.
- You can stop isolation 10 days after your symptoms started.
- Continue to take precautions to prevent COVID-19.



How would the virus most likely spread in an ECD environment?

The biggest danger is when people are sitting too close together when eating and speaking to each other. The water droplets containing the virus can then spread easily. Hands must be washed regularly or use hand sanitizer. Children should be taught not to touch their eyes, mouth or nose with unwashed hands.

Adults should wear masks. There can be no hugging or kissing.

Coronavirus hotlines

0800 029 999 or **021 928 4102** or **0800 111 132**

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Can an ECD principal get into trouble if a learner gets coronavirus?

Every effort must be made to follow the Department of Health's regulations to reduce transmission. Wash stations with soap and water and paper towels are to be provided on entering the premises for the children to use. Hands can be shaken dry if there are no paper towels. Or there should be somebody at the entrance to spray disinfectant onto hands.

How many times a day do I need to sanitize my ECD and kitchen area and how?



Frequently touched objects need to be



cleaned after each use. First wipe these objects and surfaces with soap and water.

Then wipe with disinfectant: put 6 teaspoons (30ml) bleach into one litre of water. Fre-

quently touched objects include taps, sinks, toilets, light switches, door and window handles, chairs, tables, and keys. Kitchen areas need to be continuously washed especially before food is made. At the end of the day wipe all areas with bleach and allow to dry overnight.

How do I deal with the emotional trauma when a learner or teacher is infected?

Remind them that 8 out of 10 people can get better at home. Encourage the person to discuss how they are feeling and how they will have to change their behaviour eg staying at home for 10 days, keeping away from others, wearing a mask, going for a test if in a high risk group. Emphasise that they be treated with kindness and supported during this time. Encourage them to speak to someone they trust or to phone Life Line or the COVID Hotline at 021 928 4102.

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