



REGENT
BUSINESS SCHOOL

HONORIS UNITED UNIVERSITIES

Occupational Health and Safety in COVID-19

1st Edition



regent.ac.za



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REGENT BUSINESS SCHOOL is committed to providing a safe and healthy workplace for all our employees and students. To ensure that we do so, we have developed an education series to prepare for re-entry to our Learning Centres.



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Total Confirmed
2,424,419

Confirmed Cases by
Country/Region/Sovereignty

760,570 US

200,210 Spain

178,972 Italy

154,098 France

145,743 Germany

121,174 United Kingdom

206 Turkey

BACKGROUND HISTORY OF COVID-19

On 31 December 2019, the World Health Organisation (WHO) reported a cluster of pneumonia cases in Wuhan City, China. Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-COV-2) was confirmed as the causative agent of what we now know as Coronavirus Diseases (COVID-19). On Thursday 5 March 2020, the National Institute for Communicable Diseases (NICD) confirmed that a suspected case of COVID-19 tested positive.

The World Health Organisation (WHO) on 11 March 2020 declared COVID-19 a pandemic. A State of Disaster was declared by President Ramaphosa on 15 March 2020 under the Disaster Management Act 2002.

Since then, cases have increased steadily with South Africa recording its first death on 27 March 2020.

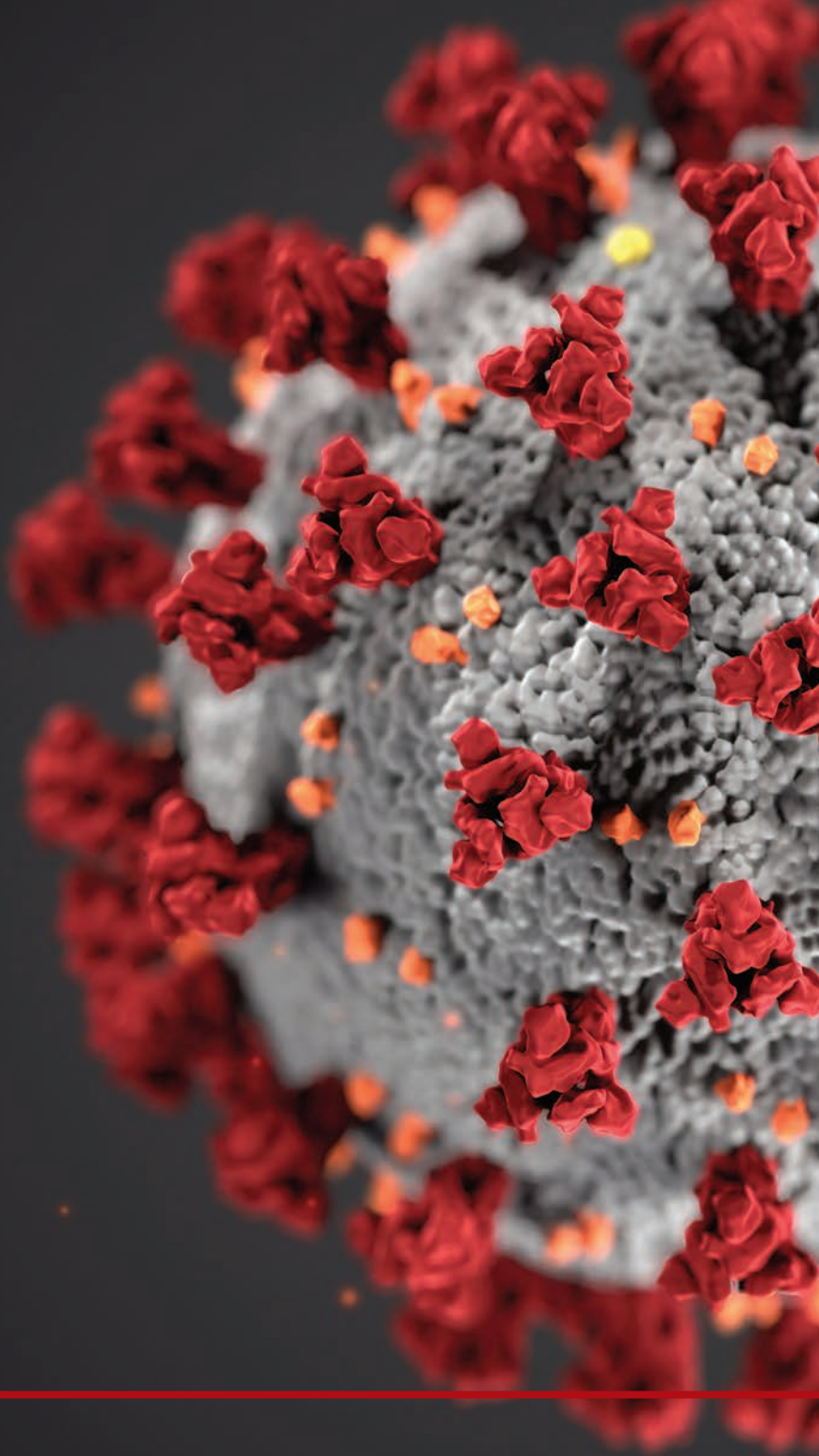
As such, a State of Disaster was declared by the President Cyril Ramaphosa on 15 March thereby giving Dr Nkosazana Dlamini Zuma, the Minister of Cooperative Governance and Traditional Affairs power to limit certain rights and freedoms within South Africa. Under the Disaster Management Act 2002 a National Disaster Management Centre must be established (in this case within the Department of Cooperative Governance and Traditional Affairs) which, amongst other duties, makes recommendations on draft legislation.

To manage and reduce the impact of COVID-19 outbreak conditions on businesses, workers, customers, and the public, it is important for all employers to plan for COVID-19.

Source: WHO, DOH, NICD



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WHERE DOES THE NAME COVID-19 STEM FROM

Naming the coronavirus disease (COVID-19) and the virus that causes it:

Disease: Coronavirus disease (COVID-19)

Virus: Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)

Why do the virus and the disease have different names?

Viruses, and the diseases they cause, often have different names. For example, HIV is the virus that causes AIDS. People often know the name of a disease, but not the name of the virus that causes it. There are different processes, and purposes, for naming viruses and diseases.

Viruses are named based on their genetic structure to facilitate the development of diagnostic tests, vaccines and medicines. Virologists and the wider scientific community do this work, so viruses are named by the International Committee on Taxonomy of Viruses (ICTV).

Diseases are named to enable discussion on disease prevention, spread, transmissibility, severity and treatment. Human disease preparedness and response is WHO's role, so diseases are officially named by WHO in the International Classification of Diseases (ICD).

ICTV announced "**severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)**" as the name of the new virus on 11 February 2020. This name was chosen because the virus is genetically related to the coronavirus responsible for the SARS outbreak of 2003. While related, the two viruses are different.

WHO announced "**COVID-19**" as the name of this new disease on 11 February 2020.

Source: WHO



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UNDERSTANDING COVID-19

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

At this time, there are no certified or signed off specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. WHO will continue to provide updated information as soon as clinical findings become available.

Source: WHO



HOW IS COVID-19 SPREAD

Although the first human cases of COVID-19 likely resulted from exposure to infected animals, infected people can spread SARS-CoV-2 to other people.

The virus is thought to spread mainly from person-to-person, including:
Between people who are in close contact with one another through respiratory droplets produced when an infected person coughs or sneezes.

From what we know about other coronaviruses, spread of COVID-19 is most likely to happen when there is close contact (2 metres or less) with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person.

Droplets produced when an infected person coughs or sneezes containing the virus are the main means of transmission.

When aerosols are generated during coughing and sneezing, the larger size droplets fall on surfaces surrounding the source person depending on the mass of the droplets (Fig 1).

Airborne transmission requires air currents for movement of lighter particles such as *Mycobacterium tuberculosis*, measles and chickenpox. This has not been found in COVID-19 transmission yet.

In the context of COVID-19, airborne transmission may be possible in specific circumstances as new evidence might suggest.

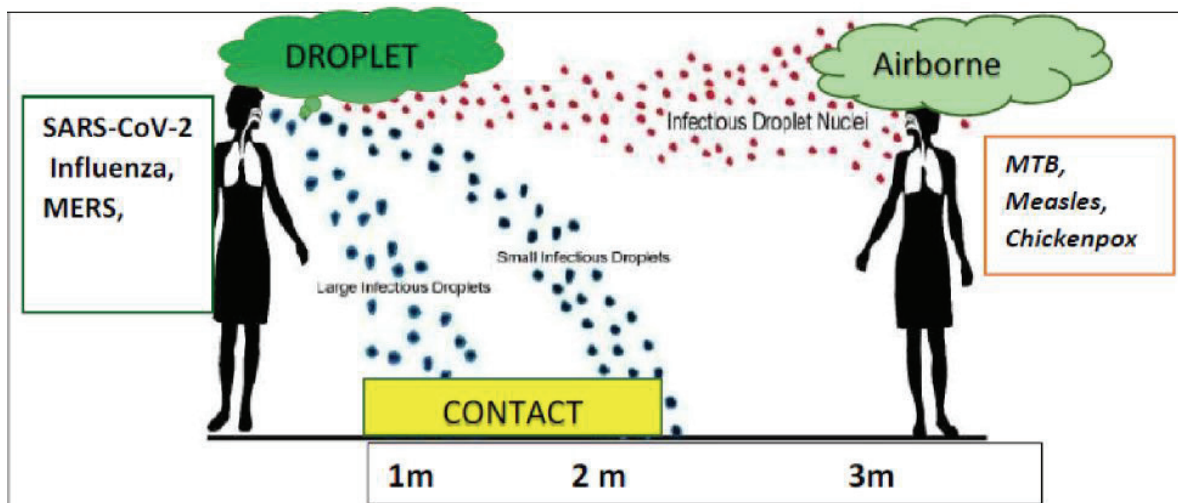


Figure 1: Illustrating the difference between the distance travelled between droplet and airborne after aerosol generation through coughing or sneezing.

There are two suggested main routes by which people can spread COVID-19:

- Infection can be spread to people who are nearby (within 2 meters) such that droplets could be inhaled into the lungs
- It is also possible that someone may become infected by touching a surface, object or the hand of an infected person that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching door knob or shaking hands then touching own face)

(there is currently research studies on airborne transmission being conducted)

How long the virus can survive?

How long any respiratory virus survives will depend on a number of factors, for example:

- What surface the virus is on
- Whether it is exposed to sunlight
- Differences in temperature and humidity
- Exposure to cleaning products

Under most circumstances, the amount of infectious virus on any contaminated surfaces is likely to decrease significantly over 72 hours.

We know that similar viruses are transferred to and by people's hands. Therefore, regular hand hygiene and cleaning of frequently touched surfaces will help to reduce the risk of infection.

**COVID-19 SYMPTOMS MAY DEVELOP WITHIN
14 DAYS OF EXPOSURE AND INCLUDE:**



Cough



Headache



Sore throat



Diarrhea



Muscle aches



Unexplained loss of taste or smell



Fever



Shortness of breath

Infographic hopkinsmedicine.org

SYMPTOMS

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

- Fever
- Dry cough
- Tiredness

Less common symptoms:

- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of taste or smell
- A rash on skin, or discolouration of fingers or toes

Serious symptoms:

- Difficulty breathing or shortness of breath
- Chest pain or pressure
- Loss of speech or movement

Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility. People with mild symptoms who are otherwise healthy should manage their symptoms at home. On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

Source: WHO



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PREVENTION

To prevent infection and to slow transmission of COVID-19, do the following:

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub
- Maintain at least 2 metre distance between you and people coughing or sneezing
- Avoid touching your face
- Cover your mouth and nose when coughing or sneezing
- Stay home if you feel unwell
- Refrain from smoking and other activities that weaken the lungs
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people

Source: WHO



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THE SIX GOLDEN RULES IN COVID-19 PREVENTION

We must do everything we can to reduce the risk of COVID-19 transmission.

We all have a part to play in keeping each other safe by following six golden rules.



Practice Good Hand Hygiene:

Wash with soap/ sanitiser, for at least 20 seconds.



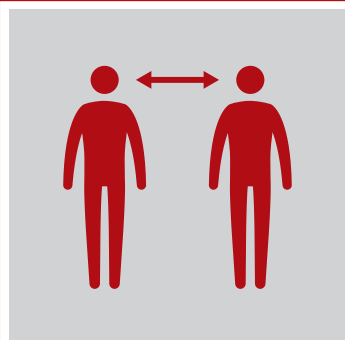
Cough Etiquette:

Cover your nose and mouth with a tissue or cough into a bent elbow, dispose of tissues.



Face Masks:

For your own safety and others, use a face mask.



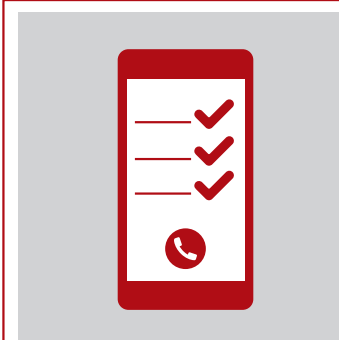
Social Distancing:

Keep a safe distance of at least 2 metres.



Sanitising surfaces:

Always wipe down and sanitise your work space.



Self Checking:

Complete a self screening checklist for symptoms.



HOW TO WASH YOUR HANDS



HAND HYGIENE - HANDWASHING

Avoid touching your eyes, nose, and mouth with unwashed hands.

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.



Wet hands with water



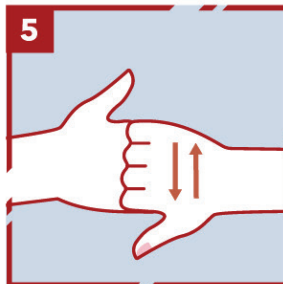
Rub hands palm to palm



Lather the back of both hands



Scrub between your fingers



Rub the back of fingers on the opposing palm



Clean thumbs



Wash fingernails and fingertips



Rinse hands with water



Dry with a single use towel

1. Wet hands with water
2. Rub hands palm to palm
3. Lather the back of both hands
4. Scrub between your fingers
5. Rub the back of fingers on the opposing palm
6. Clean thumbs
7. Wash fingernails and fingertips
8. Rinse hands with water
9. Dry with a single use towel

Source: WHO, NICD, CDC



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HAND HYGIENE - HAND SANITISING

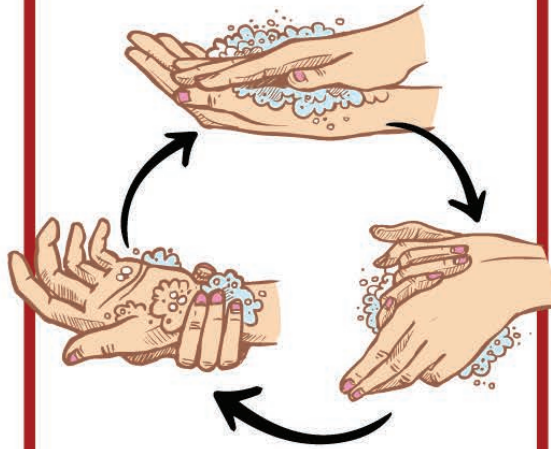
STEP 1

Apply one squirt



STEP 2

Rub hands together



STEP 3

Rub until dry



If soap and water are not readily available, **use a hand sanitizer that contains at least 70% alcohol.**

Cover all surfaces of your hands and rub them together until they feel dry.

Source: WHO, NICD, CDC



COUGH ETIQUETTE

Use a tissue to cover your mouth and nose every single time you cough or sneeze. Dispose of the tissue in a bin.

Resort to **coughing** into your elbow if a tissue is not available.

Never **cough** into your hands or into open air.

If you cough into your hands, you could transfer germs from place to place when you touch something else.

Sanitise surfaces you may have **coughed** on or touched with contaminated hands. Always turn your face away from people around you when **coughing** or sneezing.

Wash your hands with soap and water or use an alcohol-based hand sanitizer that contains at least 70% alcohol after you **cough** or sneeze.



How to put a face mask on properly



Hold the mask by the ear loops and place a loop around each ear.



Mould or pinch the stiff edge to the shape of your nose.



Pull the bottom of the mask over your mouth and chin.

How to remove a face mask properly



Thoroughly wash your hands before and after touching your mask.



Avoid touching the front of the mask. Only touch the ear loops.



Hold both of the ear loops, gently lift and remove mask.

SOCIAL DISTANCING

For your safety and mine. Please keep a safe distance.



COVID-19 can spread from person to person through small respiratory droplets produced by the nose or mouth, which are spread when a person speaks, coughs or exhales. You can contract COVID-19 if you inhale these droplets. This is why it is important to keep a safe distance of 2 meters from other people.



FACE MASKS

The main benefit of everyone wearing a cloth mask is to reduce the amount of virus droplets being coughed up by those with the infection and transmitted to others and to surfaces that others may touch.

Since some persons with the virus may not have symptoms or may not know they have it, the Department of Health requires that all persons wear cloth masks when in a public place.

The use of 'fabric' face masks as an additional preventative measure against COVID-19 has been recommended for public use by the National Department of Health (NDoH).

The spread of COVID-19 is mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread.

SOCIAL DISTANCING

In public health, social distancing, also called physical distancing, is a set of non-pharmaceutical interventions or measures intended to prevent the spread of a contagious disease by maintaining a physical distance between people and reducing the number of times people come into close contact with each other.

Source: NICD, WHO, SACORONAVIRUS, COVID-19 (C19 OHS), 2020



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SELF CHECK

1. NDoH WHATS APP NUMBER 0600 12 3456

- Type in the word Check
- You will be taken through a series of questions to determine your risk level of having COVID-19

2. Higher Health

WHATS APP NUMBER 0600 11 0000

- Type in Hi
- USSD line
- Type in *134*832*2#

You can self check using the above two options. However option 2 is daily self screening for when you arrive at our learning centres. You will be able to do this before you arrive at work. This is specifically for the Higher Education sector.

Source: DOH, Higher Health



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SANITISING SURFACES

Human coronaviruses can remain infectious on surfaces for up to 9 days. COVID-19 virus has been detected after up to 72 hours in experimental conditions.

According to the WHO, studies have shown that the SARS-CoV-2 can survive for up to 72 hours on plastic and stainless steel, less than 4 hours on copper, and less than 24 hours on cardboard.

The virus can also be spread if you touch a surface contaminated with the virus and then touch your eyes, nose or mouth, although this is not the primary way the virus spreads.

As a result, institutions need to have cleaning protocols to limit SARS-CoV-2 spread.

Therefore, cleaning the environment is paramount and is covered in detail in the National IPC Manual (2020).

RBS will ensure all high traffic areas and commonly used surfaces or high touch surfaces will be sanitized/disinfected several times during the working day.

Laptops, keyboards, screens, desks, office equipment must be wiped frequently.

Source: Practical Manual for Implementation of the National Infection Prevention and Control Strategic Framework Department of Health, WHO



LOW RISK ISN'T NO RISK



Even if you are less than 60 years old and do not have an underlying health condition, you can still become sick with COVID-19.



Clean your hands often



Cough or sneeze in your bent elbow – not your hands!



Avoid touching your eyes, nose and mouth



Limit social gatherings and time spent in crowded places



Avoid close contact with someone who is sick



Clean and disinfect frequently touched objects and surfaces

STOP THE SPREAD

We need ALL need to play our part if we are to reduce that peak of infections, and prevent our health system becoming overwhelmed.

How high that peak is depends on us all.

When you go out, wear a face mask. Do not touch your face. Keep your distance.

COVID-19 is a highly transmissible illness. However, the right preventive habits and behaviour will go a long way to keeping you, your colleagues and your loved ones healthy.

We need a common resolve as an institution, regions and a country so that we can flatten the curve.

We need to show kindness and compassion to any RBS Student who becomes ill.

We should welcome them back warmly when they have recovered.

Small acts of kindness make all the difference during difficult times.

Source: WHO



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CORONA VIRUS(COVID-19) 24-HOUR HOTLINE NUMBER:

0800 029 999

CORONA VIRUS(COVID-19) WhatsApp Number:

0600 12 3456

Step 1: Save The Number To Your Contacts On Your Cellphone.

Step 2: In Send The Word “Hi” To Covid-19 Connect And Start Chatting.

The Doctors on Call helpline

031 001 1299 and operates 8am-5pm.

VIRTUAL CONSULTATION

Go to: **www.discovery.co.za** or **www.vodacom.co.za**

Click on the COVID-19 online doctor consultation banner.

Follow the short registration process, if you are not a Discovery client already.

Answer the risk assessment questions about your symptoms.

If you are at high risk you will be directed to choose a doctor you know or a doctor in a dedicated COVID-19 Care Team who is available.

Choose an available doctor for immediate assistance or book a time that is available in your doctor's calendar.

Look out for the reminder before your consultation.

**Next Edition - Protocols on Returning to
RBS Learning Centres >>**



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