COVID-19 is a respiratory illness contracted through the mouth, nose, or eyes and transmitted when another person enters the respiratory system. The Respiratory System

What is COVID-19?

The best way to prevent getting COVID-19 is to prevent the virus from entering the respiratory system.

The best way to prevent getting COVID-19 is to prevent the virus from entering the respiratory system.

Prevent Transmission

Social distancing

Don't Touch Your Face!

Keep Yourself and Others Safe!

A Very Infectious Virus

Frequently Touched Surfaces

Risk Reduction for Classrooms

Inside the Classroom

1. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitiser.

2. Avoid touching your face, especially your eyes, nose or mouth.

3. Avoid close contact with anyone who is sick.

4. Stay at home when you are sick.

5. Keep a distance of 1.5 metres from other people in all public places.

6. Clean and disinfect frequently touched objects and surfaces.

7. Open your cough or sneeze into a bent elbow, or cover with a tissue.

8. Wear a cloth mask.

Outside the Classroom

1. Everyone must wash their hands with soap and water or sanitiser when entering or leaving.

2. Each class must have access to a hand-washing station, including the following at all times:

   - A ‘Tippy Tap’ (if available) with handwashing soap (bar or liquid).
   - A litter bin with a lid, lined with a bin liner.
   - A ‘Tippy Tap’ (if available) with handwashing soap (bar or liquid).
   - Paper towels to dry hands or wipe surfaces. Never use cloth towels.
   - A ‘Tippy Tap’ (if available) with handwashing soap (bar or liquid).
   - Disposable hand towels (limit one per person).

3. Social distancing must be adhered to at all times.

4. No sharing of food or eating utensils.

5. Hand sanitiser should always be available.

6. Classrooms must be cleaned at least once, preferably twice a day with a disinfectant.

7. Social distancing must be adhered to at all times.

8. There should be one learner at a desk.

9. Desks need to be spaced so that learners are at least 1.5 metres away from each other. Masking tape can be used.

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Teacher Motivation and Emotional Support

Teachers must be on the lookout for signs of persistent fear, worry, anxiety, sadness, feelings of hopelessness and other overwhelming emotions in their peers.

Telltale signs

- Withdrawal from others (not normal social distancing)
- Loss of interest in personal appearance
- Unusual lack of energy
- Outbreaks of rage or other expressions of anger at the world
- Skipping classes
- Excessive use of drugs and/or alcohol

Psychological support for learners

Sources of psychological support:

- Your Employee Assistance Programme
- The South African Depression and Anxiety Group (SADAG) helpline is 0800 567 567 or send a SMS to 31393
- Childline Hotline: 0800 55 555
- Lovelife Free Plx Call Me: 083 323 1023
- LifeLine Toll Free: 086 132 2322
- Substance Abuse Line: 0800 12 13 14 or SMS 32312

Self-care for teachers

- Avoid excessive exposure to COVID-19 media and negative social media coverage.
- Maintain a healthy diet and positive lifestyle.
- Maintain positive thinking.
- Reach out to others with consolation that the situation will eventually be contained.
- Take personal time out to unwind.
- Remember to practice social distancing when in support groups.