



Western Cape
Government

Health



PACK
Practical Approach to Care Kit

4

Information and advice for the home: **Be coronavirus safe at school**



Practical Approach to Care Kit

PACK Home · 2021

Welcome to PACK Home

The Practical Approach to Care Kit – PACK – is used by nurses, doctors and community health workers in their everyday work to care for patients at the clinic and in the community – **PACK Adult**, **PACK Adolescent**, **PACK Child** and **PACK Community**.



PACK Home is designed for people seeking more information about how to care for their own health and the health of their family at home.

PACK Home is published in small volumes and has been made available in several languages. It covers a wide range of topics, including staying COVID-19 safe, managing COVID-19 in the home, understanding the COVID-19 vaccine and coping with a chronic condition.



Browse or download **PACK Home** volumes from www.coronawise.org.za

PACK Home was developed by the Knowledge Translation Unit, University of Cape Town Lung Institute, in partnership with the Western Cape Department of Health. We thank Western Cape Department of Health and their clinicians and managers for their valuable contribution to this document. See the list of their names on our website www.knowledgetranslation.co.za.

DISCLAIMER: This information should not be considered as medical advice. It is not a replacement for a visit with a nurse, doctor or other healthcare professional. If you have concerns about your individual medical situation, please see a healthcare professional. This information is provided on an 'as is' basis without any warranties regarding accuracy, relevance, usefulness or fitness for purpose. You use this information at your sole risk.

Last updated: 24 May 2021

Contents

Coronavirus Disease 2019 - COVID-19	1
Protect yourself and others against COVID-19	2
Keep apart from one another	3
Spend time with others safely	4
Wear a mask	5
Wash your hands	6
Be coronavirus safe in the classroom	7
Be coronavirus safe during breaktime	8
Be coronavirus safe when exercising	9
Protect those at risk of severe COVID-19	10
Be coronavirus safe when travelling to and from school	11
Look after your health	12
I had contact with COVID-19	13
I have COVID-19 symptoms	14
Get help during COVID-19	15
Helplines and websites	16

Coronavirus Disease 2019 - COVID-19

- COVID-19 is similar to flu, causing coughs, fever, sore throats, fatigue and aching muscles. It can also affect the sense of taste and smell.
- Most people have a mild illness and recover without treatment.
- In some, this illness can last weeks to months.
- If severe, it causes pneumonia with breathing difficulties.
- Those over 55 years or with a chronic condition like diabetes, HIV, TB, kidney disease, hypertension, chronic lung disease or cancer are more at risk of severe COVID-19.



Coronavirus spreads easily

- COVID-19 spreads mainly when we breathe in the small droplets produced when someone with COVID-19 coughs, sneezes, sings, talks, shouts or breathes.
- Coronavirus spreads in waves that last for several weeks or months. During a wave, more people have the virus and are getting sick. It is more likely that you will catch coronavirus during this time.



How does COVID-19 affect children and teenagers?



- When children get COVID-19, they usually have no symptoms or get it mildly.
- Severe COVID-19 is very uncommon in children. Occasionally, teenagers can get 'Long COVID-19' which can last several months.
- Children can spread the virus to others.

Play your part in preventing the spread of COVID-19 when you go to school.

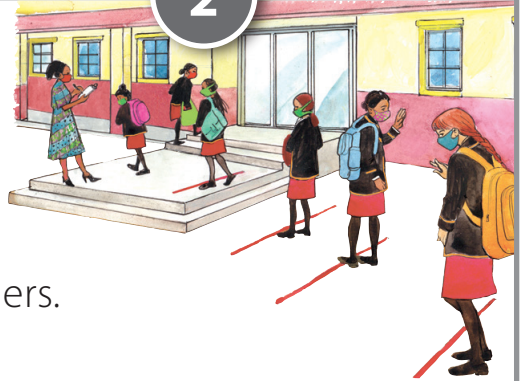
Protect yourself and others against COVID-19

1



Sick? Stay at home and arrange to have a COVID-19 test.

2



Keep a safe physical distance from others.

3

Wear a mask.



4

Cover your cough.



5

Open windows and doors to create good airflow.



6

Avoid crowds, close contact and confined spaces.



7

Wash or sanitise your hands often.



Keep apart from one another

Why must we keep apart from one another?

- COVID-19 mainly spreads when we breathe in the small droplets produced when someone with COVID-19 breathes, coughs, sneezes, sings, talks or shouts.
- These droplets also land on surfaces and objects. Sometimes we can catch COVID-19 if we touch those surfaces and then touch our eyes, nose or mouth.



Keep apart from others to allow less chance for coronavirus to spread.

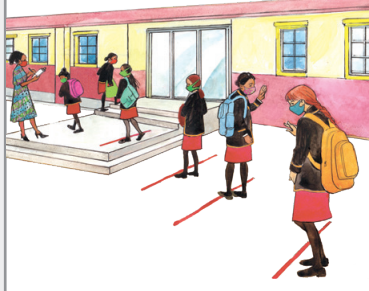
- This will help protect those at risk of severe COVID-19 – those over 55 years or people with diabetes, HIV, TB, kidney disease, hypertension, chronic lung disease or cancer.
- This will also ensure that less stress is placed on our clinics and hospitals so that those who need healthcare can still get it.

How do we keep apart from one another?

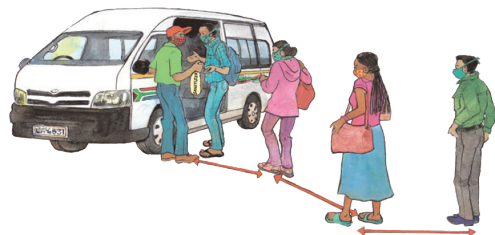
Stay home.



Keep apart from other people.



Only visit public places and use public transport when necessary.

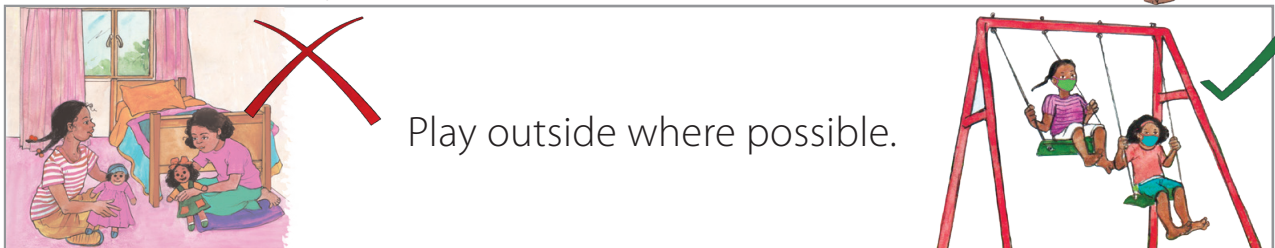
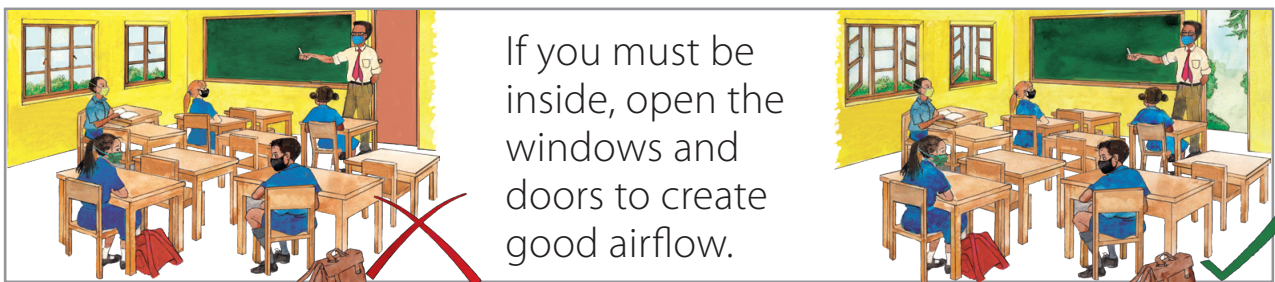
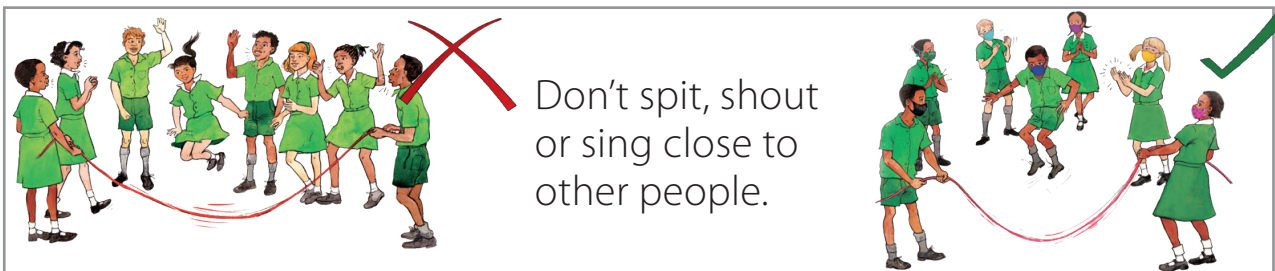
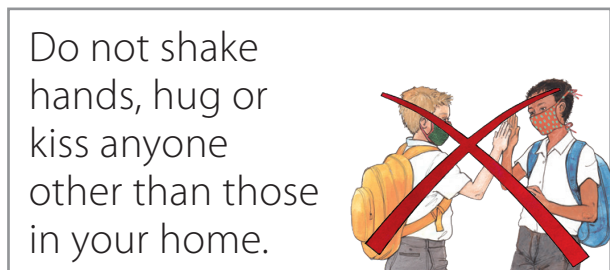
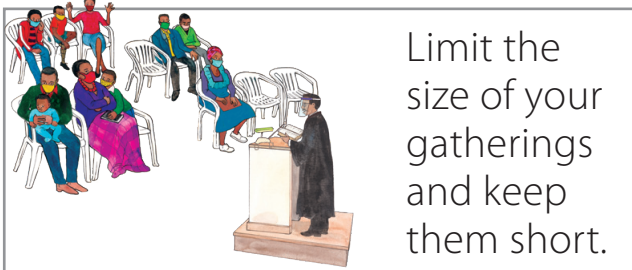
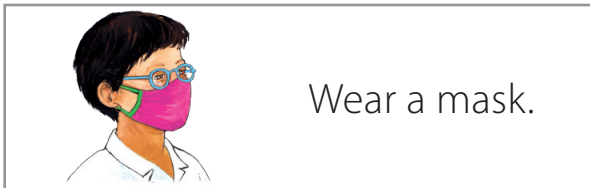


Avoid crowds, close contact and confined spaces.



Spend time with others safely

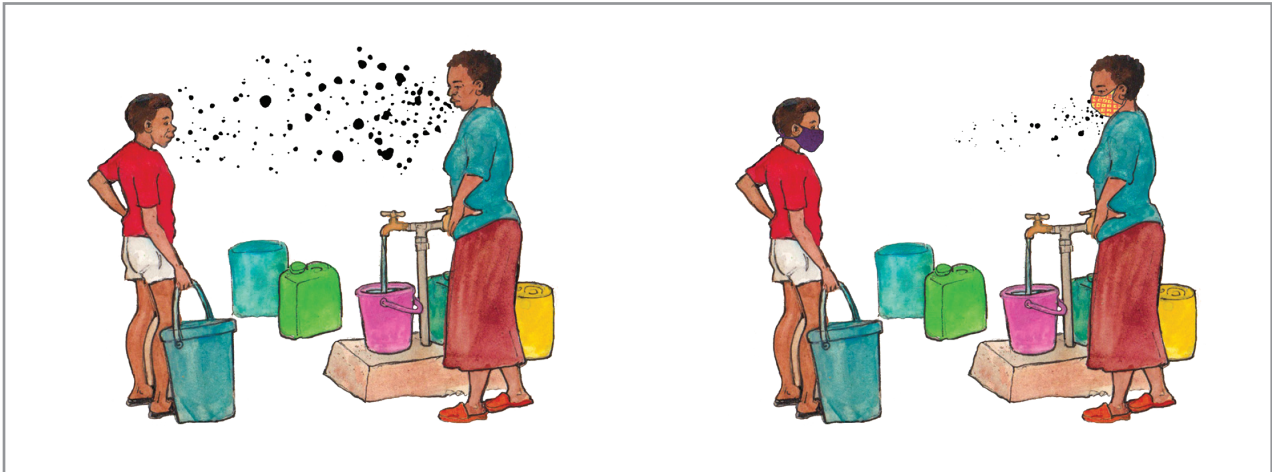
When you spend time with others from outside your home, do so safely to prevent coronavirus from spreading.



Be extra careful if you have to spend time with people who are at risk of severe COVID-19: those over 55 years or people with diabetes, HIV, TB, kidney disease, hypertension, chronic lung disease or cancer.

Wear a mask

- Coronavirus spreads when someone with the virus breathes, talks, shouts, sings, cough or sneezes. They may or may not feel unwell.
- Wearing a cloth mask can help to reduce the spread of coronavirus.
- Even when wearing a mask, it is still important to stick to all the other important measures to stop coronavirus from spreading.



Use a cloth mask properly:

Make sure your mask covers your mouth, chin and nose.



Do not share your mask with a friend.

Carry a spare mask and replace it if it gets wet.



Your mask protects me. My mask protects you.

Wash your hands

COVID-19 can spread when we touch surfaces with coronavirus on them and then touch our faces.






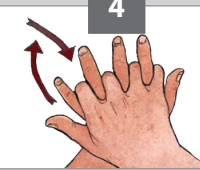
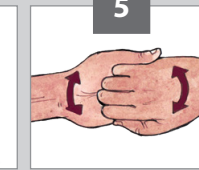
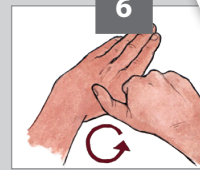
Wash your hands as often as you can, but especially:

- After using the toilet.
- Before preparing or eating food.
- After caring for somebody who is sick.
- After being in a public place.
- After blowing your nose or coughing or sneezing into your hand.

Wash your hands for at least 20 seconds.

- Roll up your sleeves, rinse hands in clean water and apply soap to palm.

20
seconds

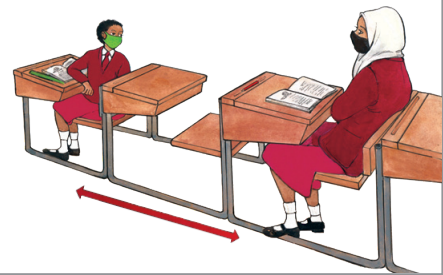
					
Rub palms together.	Rub tips of nails against palm. Swap hands.	Rub fingers between each other.	Place hand over back of other, rub between fingers. Swap.	Grip fingers and rub together.	Rub each thumb with opposite palm.

- Rinse your hands with water and dry them with a paper towel or let them dry on their own.
- If you have sanitiser, use it if your hands are not dirty and only if soap and water are not available.



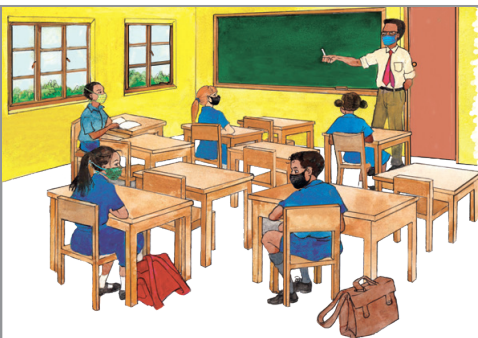
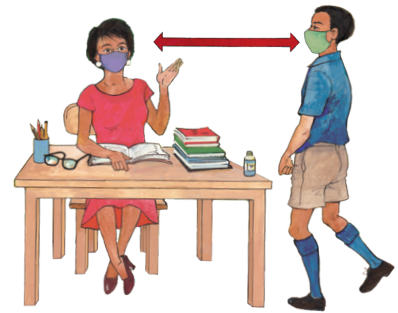
Be coronavirus safe in the classroom

Keep apart from other people, when in a queue or at your desk, if you can.

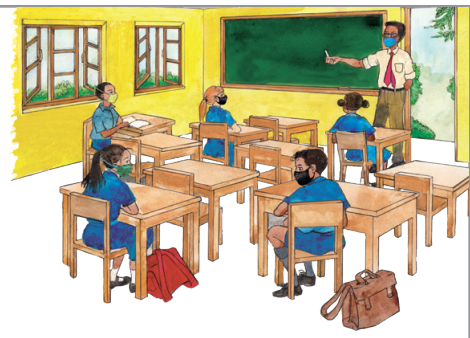


Be kind to your teacher.

- Keep your distance.
- Follow your teacher's instructions to keep you all coronavirus safe.



Leave the door and windows open to allow for good airflow.



Wear a mask.



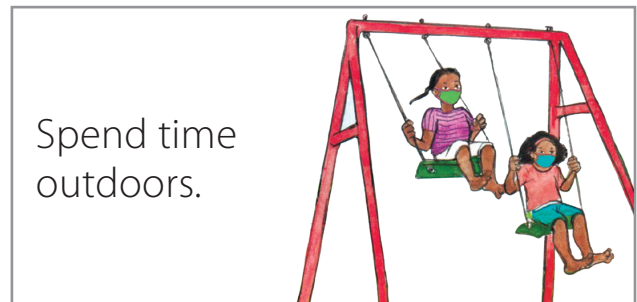
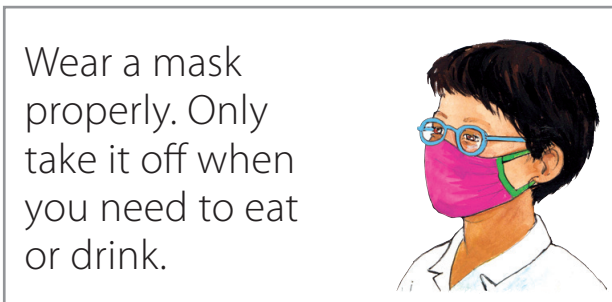
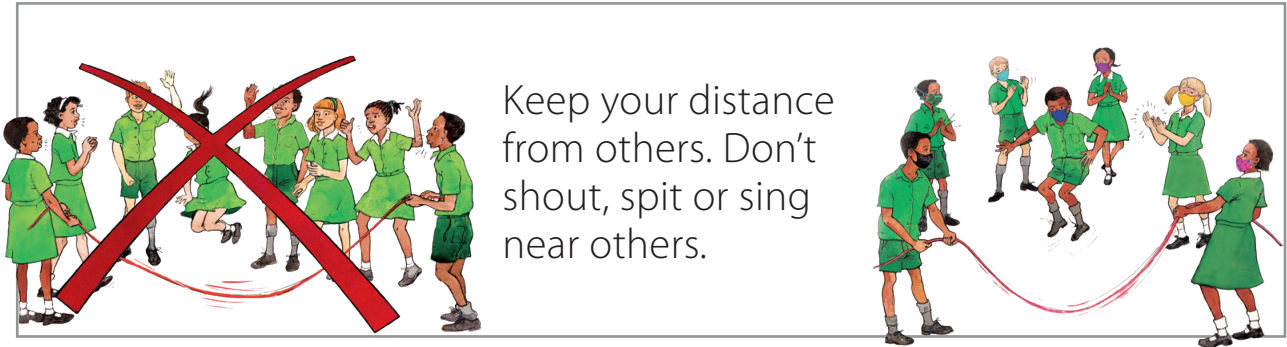
Wash or sanitise your hands often.

Cough or sneeze into your elbow.



Be coronavirus safe during breaktime

Have fun during breaktime, but don't take a break from being coronavirus safe.



Be coronavirus safe when exercising

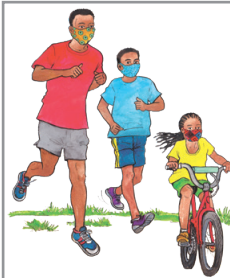
- Exercise regularly to keep fit, look after your mental health and have fun.
- Protect yourself and others from coronavirus while exercising in public or at school.

Do not exercise if you are sick:

- If you are sick, stay at home.
- If you have COVID-19, wait for at least 2 weeks before you start exercising again.

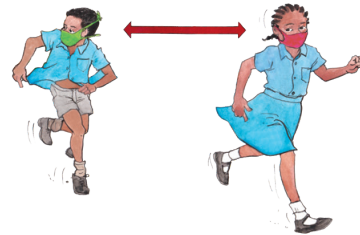


Wash your hands before you exercise and when you are done.



Exercise alone or in your household group.

Keep a physical distance from others.



Do not play contact sports.



Exercise outside whenever possible.



Cough or sneeze into your elbow.
Do not spit.

Do not share water bottles.



Protect those at risk of severe COVID-19

- If a person who is over 55 years or who has a chronic condition gets coronavirus, she or he is more at risk of severe COVID-19.
- Chronic conditions that can increase risk are diabetes, HIV, TB, kidney disease, hypertension, chronic lung disease and cancer.



Avoid catching coronavirus and try not to pass it on, especially to those at risk of severe COVID-19.



Support those at risk to keep away from others by helping with shopping and errands.

Encourage those at risk to get vaccinated against COVID-19.



Encourage the person with a chronic condition to go to all their check-ups and to continue taking medication.



Keep in touch on the phone or via social media.



If you do want to spend time with someone at risk of severe COVID-19:

- Don't spend time together if you are sick or have had contact with someone who has COVID-19.
- Limit your gatherings to less than 10 people.
- Keep a physical distance from one another. Don't give hugs.
- Wear your mask.
- Spend time outdoors if you can.
- If you are together indoors, keep the windows and doors open.



Be coronavirus safe when travelling to and from school

When travelling on public transport, you will have contact with lots of people. This makes it easy for coronavirus to spread.

Follow these rules when using public transport:



If you are sick or someone at home has COVID-19, stay at home.



When waiting in queues, keep a physical distance from others.

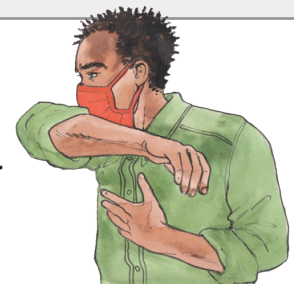


Sit as far as possible from other passengers.



Wear your mask correctly.

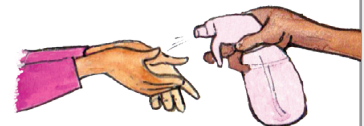
Cover your cough.



Keep the windows open to help airflow.



Sanitise your hands before and after travelling and after handling money.



Have a coronavirus safe trip!

Look after your health

Looking after your physical and mental health will help you to cope better with the stresses of COVID-19.

Have a routine for your day:

Set times for meals, exercise, work, chores and sleep.



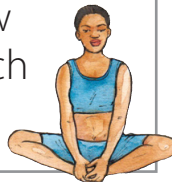
Eat healthily:

- Try to eat a variety of foods, including fruit, vegetables, nuts and peas or lentils.
- Avoid junk food and sugary treats.



Get active!

- Exercise for an hour each day.
- Do some slow breathing each day to relax.



Limit your screen time:

Too much screen can make you stressed, unfit and tired.



Stay connected:

- Stay in touch with friends on social media.
- Spend time with supportive people at home.



If you're a teen, make wise choices:

Don't smoke, drink alcohol or do drugs.



Only start having sex if you're ready. Use a condom and family planning.



I had contact with COVID-19

- Coronavirus spreads easily. If you had close contact (face-to-face, 1 metre or less apart) or live with someone who has COVID-19, then you may have caught it.
- It can take up to 10 days before you become ill with COVID-19.
- If you have coronavirus, you may pass it on to others even before becoming ill yourself.

Prevent spreading coronavirus to others

- Stay at home.
- Do not go to school. Inform your school that you need to quarantine.
- Try to separate yourself from others at home, especially from those at risk of severe COVID-19 – those over 55 years or who have a chronic condition.

Try to follow these rules to avoid spreading it to others



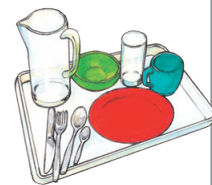
Stay in a separate room.

Try to use shared spaces separately.



If you do make contact with others at home, keep 1,5 metres apart, wear a mask and open the windows and doors.

Use separate dishes, towels and bedding.



Wash your hands often.



Wipe down high-touch surfaces after use with a bleach solution



Know when to seek healthcare

If you develop COVID-19 symptoms – a cough, fever, sore throat, aching muscles, diarrhoea – contact your healthcare worker or phone the COVID-19 Hotline on 080 928 4102 (toll free).

For 10 days, even if you feel well, you may have coronavirus and can spread it to others. After 10 days – if you are well – you can stop separating from others at home and go back to school.

I have COVID-19 symptoms

- Most people with COVID-19 have a mild illness or no symptoms at all and can recover safely at home.
- Children are unlikely to become severely ill from COVID-19.
- Adults over 55 years or with a chronic condition are more likely to get severe COVID-19.

Check for COVID-19 symptoms

- COVID-19 symptoms are commonly a cough, sore throat, loss of the sense of taste or smell, or a fever; in children, there may also be vomiting or diarrhoea. If you have any of these, contact your healthcare provider or phone the COVID-19 Hotline on 080 928 4102 (toll free).

- If an adult has breathing difficulties, chest pains or pressure that won't go away, confusion or difficulty waking up, seek help urgently.
- If a child has fast breathing, can't wake up completely, has a fit, won't drink anything or vomits everything, seek help urgently.
- Call ahead. Avoid public transport. Use your own transport or call an ambulance.



Try to follow these rules to avoid spreading it to others

Stay at home.
Do not go to school.

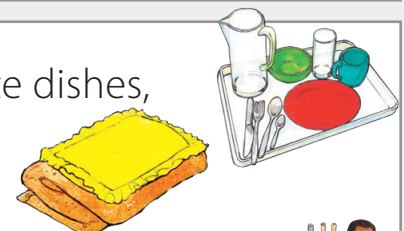


Separate from others at home, especially those at risk of severe COVID-19.

Use shared spaces separately.



Use separate dishes, towels and bedding.



Wash your hands often.



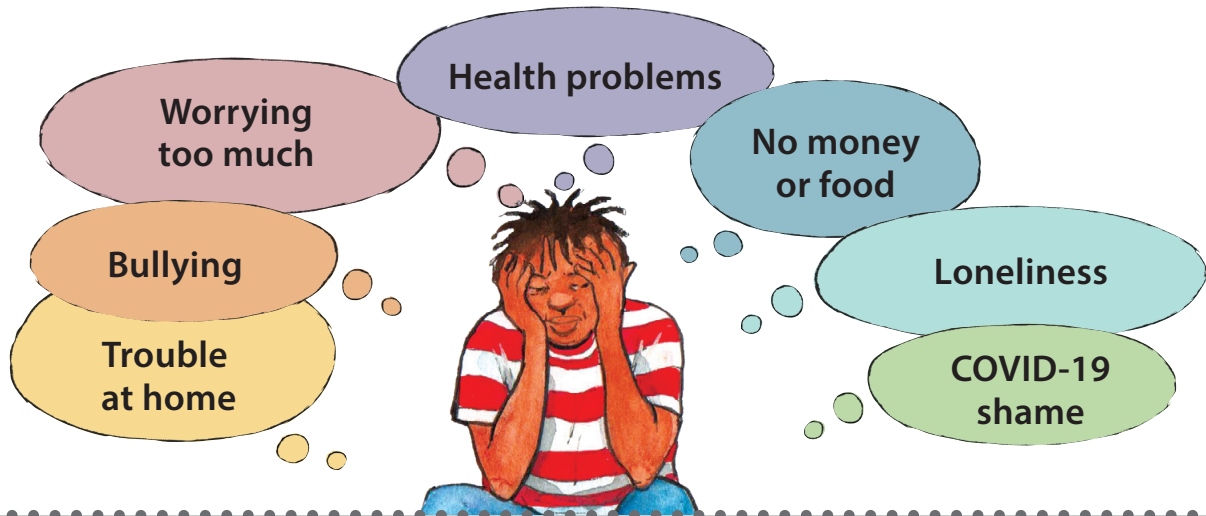
Wipe down high-touch surfaces after use with a bleach solution.



**After 10 days, and if you are well,
you can stop isolation and go back to school.**

Get help during COVID-19

COVID-19 can make things more stressful. Get help when you need it.

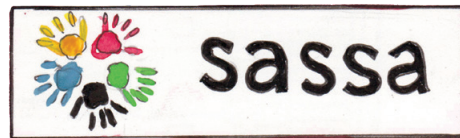


Use these resources to help tackle your problems:

Talk to **someone you trust** to share your problems.



Contact **SASSA** (0800 60 10 11) if you don't have food or money and qualify for a grant.



Phone a **helpline** if you need someone to talk to.

- Childline SA (for 0-16 year olds) – 0800 055 555 (24 hours)
- MobieG – **Live-chat counselling** for teens www.mobieg.co.za (Sunday from 18:00, Monday–Thursday from 19:00)

If you have health problems, visit your **health facility**.



Speak to your **teacher** if you are struggling with your schoolwork.



Helplines and websites

Coronavirus – COVID-19

National Coronavirus (COVID-19) General Public Hotline	Latest information on coronavirus (COVID-19)	0800 029 999 WhatsApp 'Hi' to 0600 123 456
Western Cape Government Call Centre	For COVID-19 health-related concerns	0860 142 142
National EVDS Self-Registration App	To register to be vaccinated against COVID-19	https://vaccine.enroll.health.gov.za

Getting help

Food Parcel Service – Western Cape	Food parcels for those who qualify for assistance	021 469 0235
Legal Aid Advice Line	Information and guidance on any legal matter	0800 110 110 (07:00–19:00 Monday–Friday)
Medic Alert	Assistance with application for Medic Alert disc or bracelet	021 425 7328 (09:00–16:00) 021 461 0000 (24-hour emergency line)
South African Social Security Agency (SASSA)	For information about social grants	0800 60 10 11 (toll free) GrantEnquiries@sassa.gov.za 021 469 0200 GrantsEnquiriesWC@sassa.gov.za

Chronic conditions

Diabetes South Africa	Information, eating advice and support workshops	WhatsApp line: 081 578 6636
Epilepsy South Africa	Information, counselling and support groups	0860 37 45 37 (08:00–16:30 Monday–Thursday, 08:00–14:00 Friday)
Heart and Stroke Foundation	Information and support groups if you have had a stroke or suffer from any heart condition	021 422 1586 (08:00–16:00)
National AIDS Helpline	Counselling and information if you have HIV or are thinking of having an HIV test	0800 012 322 (24 hours)
People living with Cancer	Cancer-related queries and support	0800 033 337
Arthritis Foundation of South Africa	Information, education and support groups for those with arthritis	0861 30 30 30

Counselling and crisis support

Lifeline National Counselling Line	Counselling for any life crisis and referral to support services	0861 322 322 (24 hours) 065 989 9238 (WhatsApp call counselling)
Childline SA (ages 0–16 years)	For children and young adolescents who are in crises, are being abused or at risk of abuse and violence	0800 055 555 (24 hours)
Gender-Based Violence Command Centre	Assistance if experiencing domestic violence, sexual assault or abuse	0800 428 428 *120*7867# from any cell phone
National Shelter Movement SA (NSMSA)	A helpline for victims of abuse or domestic violence to call and speak to a social worker	0800 001 005 (24 hours; tollfree)
TEARS Foundation	SMS helpline in cases of domestic violence, sexual assault and child sexual abuse	*134*7355# www.tears.co.za
National Human Trafficking Helpline	Reporting human trafficking	0800 222 777
Rape Crisis	Counselling and court support for rape survivors over 13 years of age	021 447 9762 (24 hours): English 021 361 9085: Xhosa 021 633 9229: Afrikaans WhatsApp line: 083 222 5164
MobieG	Live-chat counselling for teens	www.mobieg.co.za (Sunday from 18:00, Monday–Thursday from 19:00)
Safeline	Abuse counselling and court preparation	0800 035 553 (24 hours)
South African Police Services	Reporting a crime	08600 10111
Child Welfare South Africa	Reporting child abuse or neglect	0861 452 4110
Police Child Protection Unit	Reporting child abuse or neglect	10111 childprotect@saps.org.za
Family and Marriage Association of South Africa (FAMSA)	Support and education during stressful times	011 975 7106/7 national@famsa.org.za

Alcohol, drugs and smoking

Alcoholics Anonymous	Counselling, education and support groups if you require assistance with alcohol abuse	0861 435 722 (09:30–17:00 Monday–Thursday, 09:30–15:00 Friday)
SA National Council on Alcoholism and Drug Dependence	Support and help for people addicted to drugs and alcohol, as well as their families	0800 456 789 SMS 31393
Narcotics Anonymous (NA)	Information and support for drug addicts	0861 006 962
National Council Against Smoking Quitline	Information and support to stop smoking	011 720 3145 082 840 3548

Mental health

South African Depression and Anxiety Group (SADAG)	Counselling and support if you have depression or anxiety	0800 456 789 SMS 31393
Suicide Crisis Line	For any suicide-related support	0800 567 567 (08:00–20:00) SMS 31393 and a counsellor will call back
Cape Mental Health	Counselling, support, rehabilitation, training and re-integration programmes	021 447 9040 (08:00–16:30 Monday–Friday)
Mental Health Helpline	Counselling and support if you have a mental illness	0800 12 13 14 (24 hours) SMS 31393 and a counsellor will call back
CIPLA 24-hour Mental Health Helpline	Helpline for mental disorders, anxiety, depression and suicide	0800 456 789 WhatsApp line: 076 88 22 77 5
Dementia SA	For support, awareness, training and information on dementia	0860 636 679 (24 hours) 021 421 0078 www.dementiasa.org

Notes

Notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Western Cape
Government

Health



PACK
Practical Approach to Care Kit

© 2021 University of Cape Town Lung Institute and Western Cape Department of Health.

Practical Approach to Care Kit