



COVID-19 Resources for Health Facilities (Western Cape, South Africa)

Please read [Terms and Conditions](#) of these resources.

COVID-19 Vaccination sites

Safety Measures

3 June 2021

About to get vaccinated against COVID-19?

Make sure you avoid catching COVID-19 while you wait.

Wear your mask correctly.

Keep apart from others.

Cover your cough.

Keep your hands clean.

VACCINATE LET'S DO THIS

Although the COVID vaccine will protect you from severe COVID-19, no vaccine is 100% effective. Continue to remember COVID-19 prevention measures.

Western Cape Government
Western Cape call centre: 0860 142 142
www.westerncape.gov.za

English


Afrikaans

isiXhosa

Observation Area


3 June 2021


**Please wait for at least
15 minutes after
your COVID-19
vaccination**



**Report to staff if you feel unwell
or have any of:**

- Itching
- Skin rash
- Swelling of face, lips, tongue,
hands or feet
- Hoarseness or tight throat
- New wheeze or cough
- Feeling faint or dizzy
- Difficulty breathing
- Chest pain
- Nausea, vomiting or abdominal cramps



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English

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Vaccine Anaphylaxis

8 June 2021

Immediate reactions to COVID vaccines

Usually occurs within 15-30 minutes

Immediate reactions to COVID vaccines are usually due to fainting or an allergy.
Recognise signs and symptoms of anaphylaxis early:

Skin/mucosa	Respiratory	Cardiovascular	Gastrointestinal
 Itchiness Skin rash (hives) Swelling of lips, tongue, hands/feet Widespread redness Nasal congestion	 Wheeze or cough Throat tightness/stridor Shortness of breath Hoarseness Oxygen saturation < 92% Trouble swallowing/drooling	 Low blood pressure Dizziness Weakness Collapse Chest pain Palpitations	 Nausea Vomiting Diarrhoea Cramps/bloating

If adrenaline is safe. When in doubt, treat as anaphylaxis.

Treat suspected anaphylaxis

Treat as anaphylaxis when signs or symptoms are:

- Generalised (i.e. generalised hives or > 2 body systems involved) or
- Serious or life-threatening, even if only single body system (e.g. hypotension, respiratory distress, or significant swelling of the tongue or lips).

10 December 2020

At Basins

How to wash your hands (Portrait)

Health workers and coronavirus

How to wash your hands

December 2020

- Use 70% alcohol-based hand rub or soap and water.
- If hands visibly soiled, use soap and water.



- If using soap and water, rinse hands in clean water and apply soap to palm.



- If using hand rub, apply palmful to cupped hand.

- Clean your hands for at least 20 seconds using steps 1-6 below:

1



Rub palms together.

2



Rub tips of nails against palm. Swap hands.

3



Rub fingers between each other.

4



Place one hand over back of other, rub between fingers. Swap hands.

5



Grip fingers and rub together.

6



Rub each thumb with opposite palm. Swap hands.

- If using soap and water, rinse your hands with clean water and dry on paper towel or allow to dry on their own. Avoid shared towels.





FOR MORE INFORMATION:
www.westerncape.gov.za

English

How to wash your hands (Landscape)

10 December 2020

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Health workers and coronavirus

How to wash your hands

- Use 70% alcohol-based hand rub or soap and water.
- If hands visibly soiled, use soap and water.
- If using soap and water, rinse hands.



1 Rub palms
2 Rub tips of nails
3 Rub fingers

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Health workers and coronavirus

Hand hygiene

Remember the 5 moments for hand hygiene

- 1 Before touching a patient
- 2 After touching a patient
- 3 After touching patient surroundings
- 4 After exposure to body fluids
- 5 Before doing a procedure



FOR MORE INFORMATION:
www.westerncape.gov.za

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5 moments of hand hygiene (Portrait)
10 December 2020

English

5 moments of hand hygiene (Landscape)
10 December 2020


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Health workers and coronavirus

Hand hygiene

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- 1 Before touching a patient
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FOR MORE INFORMATION:
www.westerncape.gov.za

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At Entrances

Entrance symptom screening

10 December 2020

Coronavirus December 2020

Everybody will be screened for symptoms of coronavirus

- **Fever**
- **Cough**
- **Sore throat**
- **Difficulty breathing**
- **Loss of sense of taste or smell**

If you have been told you have COVID-19 or are waiting for results, please inform staff immediately on arrival.

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FOR MORE INFORMATION:
www.westerncape.gov.za

English

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Cough etiquette

10 December 2020

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Cover your cough and sneeze



Don't cough or sneeze without covering your mouth and nose.





Don't cough or sneeze into your hand.



Cover your mouth and nose with a tissue and throw it away immediately after use.





Cough or sneeze into your upper sleeve.







Mask use
10 December 2020

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How to use a cloth mask safely







- Get a mask that fits comfortably and does not move.
- Wash/sanitise hands before use.
- Take your time to ensure your mask fits properly before leaving home:
 1. Open and close your mouth several times to check it does not move.
 2. Ensure that most of the bridge of your nose is covered.
 3. Make sure the bottom of the mask is under your jaw line and chin.
- Only touch straps to remove it.
- Wash/sanitise hands immediately after removing it.

MAKE SAFER CHOICES

1. Sick? Stay home & arrange a test
2. Keep physical distance
3. Wear a mask
4. Cover your cough
5. Open doors & windows
6. Avoid crowds, close-contact & confined spaces
7. Wash/sanitise hands often





Don't ever use someone else's mask. If you don't have a mask, use a scarf or bandana.



Don't touch your face or fiddle with the mask.



Don't let the mask slip or pull it down so that your nose or mouth is exposed.



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FOR MORE INFORMATION:
www.westerncape.gov.za

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Clean and disinfect patient areas


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Health workers and coronavirus Clean and disinfect patient areas

How to clean and disinfect

- First clean with detergent (soap) and water, and wipe with rinsed cloth.
- Then wipe with disinfectant like sodium hypochlorite 0.1% (use 0.5% if blood or body fluids) and allow to air dry.
- For smaller surfaces, 70% alcohol or disinfectant wipes can be used.
- Move from cleanest to dirtiest areas, and from higher to lower levels.



When to clean and disinfect

High-risk COVID-19 areas (triage and testing areas, wards, ICUs): At least three times a day


Low-risk COVID-19 OPD and wards: At least once a day

Low-risk COVID-19 ICU and high care: At least twice a day

Areas needing thorough and frequent disinfection


The "patient zone"

- Includes bed rails, bedside cabinet, trolley and equipment around patient.
- Disinfect between each patient. If visibly dirty, clean first.




High-touch surfaces

- Includes tables, desks, phones, keyboards, mouse, door handles, light switches, taps.
- Disinfect after use or every 60 minutes.




Toilets

- Every 3-6 hours.




Screening, triage and testing areas

- Disinfect chairs between each patient.
- If visibly dirty, clean first.




Testing booths


- Between each patient.



Shared medical equipment

- Disinfect after each use.





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FOR MORE INFORMATION:
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Personal Protective Equipment (PPE)




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Health workers and coronavirus Personal Protective Equipment (PPE)

Wear PPE according to your task

Follow your facility protocols but ensure you are wearing the minimum PPE as below:

Triaging or screening patients:	Managing a patient with suspected or confirmed COVID-19:	Performing aerosol-generating procedure ¹ in patient with suspected or confirmed COVID-19:
<ul style="list-style-type: none"> • Surgical mask 	<ul style="list-style-type: none"> • Surgical mask • Goggles or visor • Apron 	<ul style="list-style-type: none"> • N95 respirator • Goggles or visor • Gown or apron 


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December 2020


Health workers and coronavirus Put on PPE correctly (donning)

- 1


Clean hands for at least 20 seconds


- 2


Put on apron/gown


- 3


Put on mask/respirator



- 4

Put on goggles/visor



- 5

Put on gloves





See a video on how to put on PPE correctly here:
www.medicine.uct.ac.za/news/covid-19-resources



FOR MORE INFORMATION:
www.westerncape.gov.za

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Remove PPE correctly (doffing)

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Health workers and coronavirus

Remove PPE correctly (doffing)

1 Remove gloves



Clean hands

2

Remove apron/gown

- If wearing a visor (not goggles), remove visor as below before removing apron/gown.



Clean hands

3

Remove goggles/visor



Clean hands

4

Remove mask/respirator



5

Clean hands for at least 20 seconds

Keep your workstation clean

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Keep your workstation clean

- Remove unnecessary items from workstations.
- Avoid touching surfaces unless necessary.
- Avoid sharing work surfaces, desks, pens and equipment with other staff if possible.



Disinfect phone, keyboard, mouse, desk and other frequently touched objects (like pens) after each use or every 60 minutes.



FOR MORE INFORMATION:
www.westerncape.gov.za

English

How to hand rub (Portrait)


10 December 2020

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How to hand rub

- Use 70% alcohol-based hand rub (ABHR).
- If hands are visibly soiled, rather use soap and water.
- Keep nails short and clean. Avoid artificial nails as they prevent proper hand hygiene.

Clean your hands for at least 20 seconds following the steps below:




1

20
seconds

- Apply palmful of ABHR to cupped hand.
- Use elbow to dispense where able.



2



3




4



5




6



7

Once dry, your hands are safe.



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FOR MORE INFORMATION:
www.westerncape.gov.za

How to hand rub (Landscape)

10 December 2020

December 2020

How to hand rub

- Use 70% alcohol-based hand rub (ABHR).
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- Keep nails short and clean. Avoid artificial nails as they prevent proper hand hygiene.

Clean your hands for at least 20 seconds following the steps below:



1



2



3

- Apply palmful of ABHR to cupped hand.
- Use elbow to dispense where able.



4



5



6



7

Once dry, your hands are safe.



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FOR MORE INFORMATION:
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In Tearooms

What to do before work

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Health workers and coronavirus

What to do before work

Monitor yourself for COVID-19 symptoms

- If you are unwell, stay home and inform your supervisor.
- Complete a COVID-19 symptom screen at beginning and end of each shift.
- If anyone at home with suspected or confirmed COVID-19, inform your supervisor.

Before leaving home




Clothes

- Wear simple, short-sleeved clothing that can be easily washed.
- Wear dedicated closed work shoes.
- Avoid wearing a belt, jewellery, watch and lanyard.


Wallet and keys

- Leave wallet at home – bring only essentials (like access card, drivers licence, bank card) in sealable plastic bag.
- Keep keys in pocket/bag and do not remove until after washing hands when leaving work.




Phone

- Remove protective case from phone. Keep phone in sealable plastic bag and change this daily.
- Keep phone in pocket/bag, avoid placing it on work surfaces.
- If able, disinfect phone/bag frequently.



Food and drink

- Bring lunch from home in fabric shopping bag.
- Use own water bottle, avoid water coolers and sharing drinks.




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FOR MORE INFORMATION:
www.westerncape.gov.za
 What to do after work
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Health workers and coronavirus

What to do after work

When leaving work

Disinfect phone, stethoscope and pen regularly and again before leaving. Leave pen at work.



If possible, remove work clothes and place in plastic or washable fabric bag to take home.



Ensure used masks, gowns and aprons are discarded in designated waste bins.



Perform thorough hand and arm wash.



Keep hand sanitiser in bag or car, and use to clean hands after touching public surfaces.



When arriving home

Step 1

- Remove shoes.
- Leave outside, or just inside door, before entering home.



Step 2

- Remove cloth mask. Only touch straps to remove it.
- Remove work clothes if not already changed.
- Put mask and work clothes straight into hot wash or bucket with hot water and soap, along with fabric bags used for lunch and clothes.



Step 3

- Thoroughly wash hands and arms.



Step 4

- Immediately have shower/bath/wash.
- Avoid hugs, kisses and direct contact with family until after shower/bath/wash.



Step 5

- Dry cloth mask and work clothes in sun or tumble dryer.
- Iron to disinfect.




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FOR MORE INFORMATION:
www.westerncape.gov.za

Using public or staff transport

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How to travel safely using public or staff transport

- Wear a cloth mask while travelling.
- Avoid wearing work clothes if possible. Rather change into work clothes after arriving at work.



1.5 metres

When waiting in queue, stand 1.5 metres away from other passengers.

Sit as far from other passengers as possible.



Avoid touching door handles, rails, windows and other surfaces.

Ensure all windows are kept open.

Clean hands with hand sanitiser before entering and after exiting the vehicle.



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Taking breaks

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How to take a break safely



1.5 metres

- Stagger breaks to avoid crowded tearooms.
- Take break outside if possible.
- Keep 1.5 metres apart from colleagues.

Remove all PPE before entering tea room.



When removing mask to eat or drink:

- Remove carefully without touching the outside.
- Store in clearly labelled, clean paper bag.
- Put mask back on as soon as finished eating or drinking.
- Wash hands well after removing mask and after.

Wash hands well

Avoid sharing cups


Health worker safety

10 December 2020

WhatsApp content

Coronavirus


Work safely as a health worker



- 1 Before work
- 2 Using public or staff transport
- 3 When taking breaks
- 4 After work

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STAY SAFE
MOVE FORWARD




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Health worker PPE

10 December 2020

Coronavirus Health workers and PPE



- 1** Personal Protective Equipment (PPE)
- 2** Putting on PPE correctly (donning)
- 3** Removing PPE correctly (doffing)

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Archived content



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STAY SAFE
MOVE FORWARD

Protect yourself and others

June 2020

Coronavirus Protect yourself and others

Wear a mask at all times. Nobody will be allowed to enter without one.



20
seconds

Wash your hands often for at least 20 seconds with soap and water or use hand sanitiser.



Do not touch your face with unwashed hands.



Cough or sneeze into your elbow or a tissue. Safely throw away the tissue.

Keep 1.5 metres apart from others.



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FOR MORE INFORMATION:
www.westerncape.gov.za

Resources

COVID-19 in healthcare

- COVID-19 Vaccine Resources
- COVID-19 Health worker Resources
- Brazil Health Worker Resources
- COVID-19 Training for Health Workers
- COVID-19 Resources for Health Facilities (Western Cape, South Africa)
- COVID-19 Resources for Health Facilities (South Africa)

COVID-19 training

- Online training

COVID-19 in public

- COVID-19 Resources for the Public
- PACK Home
- COVID-19 Resources optimised for WhatsApp

COVID-19 in group spaces

- COVID-19 Resources for Community Kitchens
- COVID-19 Resources for the Workplace
- COVID-19 Resources for Schools
- COVID-19 Resources for Places of Worship

COVID-19 global resources

- COVID-19 Global Material and Localisations

Other

- Guides and Samples of Guides
- Adult Primary Care (APC)
- PACK Western Cape Adult
- Training for Health Workers
- Other Resources

Contact us

Email:

ktu@uct.ac.za

Tel: +27 21

406 6979



FEEDBACK



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last Thursday

PACK Global Virtual Showcase – Primary Care Health System Strengthening on 17 June 2021, the KTU hosted a webinar to share the primary care strengthening stories of PACK. The Showcase was opened by the MEC for Health in the Western Cape, and after a brief overview of the PACK programme, we heard from the leads of PACK programmes in the Eastern Cape, South Africa, the Federal Ministry of

Tweets by @KTU_PACK

Knowledge Translation Unit Retweeted



Linda-Gail Bekker

@LindaGailBekker

We need even single doses of mRNA vaccines in africa - but maybe even less than that would make a difference - coverage 🙌🏾 <https://twitter.com/EricTopol/status/1413917224947970055>

Jul 11, 2021

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View on Twitter

