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COVID-19 Resources for Health Facilities (South Africa)

Please read Terms and Conditions of these resources.

At Basins

How to wash your hands (Portrait)
15 July 2020

English

How to wash your hands (Landscape)
15 July 2020

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5 moments of hand hygiene (Portrait)
15 July 2020

English

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5 moments of hand hygiene (Landscape)
15 July 2020

Surgical hand preparation
23 July 2020

English

At Entrances

Entrance symptom screening
15 July 2020

Protect yourself and others
15 July 2020

English

Cough etiquette
23 July 2020

Mask use
English
27 July 2020

Patient Care Areas

Clean and disinfect patient areas
15 July 2020

July 2020

How to use a cloth mask safely

DO

July 2020

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 areas (triage, testing areas, isolation wards and ICUs):
At least three-four times a day

Low-risk areas: At least once 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
- Disinfect every 3-6 hours.

Screening, triage and testing areas
- Disinfect chairs between each patient.
- If visibly dirty, clean first.

Shared medical equipment
- Disinfect after each use.

Testing booths
- Disinfect between each patient.

health
Department:
Health
REPUBLIC OF SOUTH AFRICA

NICD 24-hour hotline number: 0800 11 1131 or 066 562 4021
www.sacoronavirus.co.za
Source: NDoH. COVID-19 Disease: Infection Prevention and Control Guidelines. 2020
Adopted from and sponsored by the Knowledge Translation Unit (KTU).

NDP 2030

English

Personal Protective Equipment (PPE)
15 July 2020

Put on PPE correctly (donning)
15 July 2020

English

Remove PPE correctly (doffing)
15 July 2020

July 2020

Remove PPE correctly (doffing)

Remove gloves
1
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove.
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove.
- Discard in medical waste bin.

Clean hands

Remove apron/gown
2
- If wearing a visor (not goggles), remove visor as below *before* removing apron/gown.
- Unfasten gown/apron ties.
- If gown: pull gown away from neck and shoulders, touching only inside of gown. Turn gown inside out.
- If apron: touching only inside of apron, pull over head and roll downwards and discard in medical waste bin.

Clean hands

Remove goggles/visor
3
- Remove goggles/visor from the back by lifting head band.
- Place in designated container/area for disinfecting.

Clean hands

Remove mask/respirator
4
- Untie or break bottom ties, followed by top ties or elastic.
- Remove by handling the ties/elastics only and discard in medical waste bin.

5 **Clean hands for at least 20 seconds**

See a video on how to remove PPE correctly here:
www.medicine.uct.ac.za/news/

Keep your workstation clean

15 July 2020

July 2020

Health workers and coronavirus
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 (wipe) phone, keyboard, mouse, desk and other frequently touched objects (like pens) before starting work and last thing before leaving your work station.

health
Department:
Health
REPUBLIC OF SOUTH AFRICA

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www.sacoronavirus.co.za
Source: NDoH, *COVID-19 Disease: Infection Prevention and Control Guidelines*, 2020
Adopted from and sponsored by the Knowledge Translation Unit (KTU).

NDP 2030

English

How to hand rub (Portrait)

15 July 2020

English

How to hand rub (Landscape)
15 July 2020

English

In Tearooms

What to do before work
15 July 2020

English

What to do after work
15 July 2020

July 2020

Health workers and coronavirus
What to do after work

When leaving work

Disinfect phone/bag, stethoscope and

If possible, remove work clothes and place

Ensure used masks, gowns and aprons

Using public or staff transport
15 July 2020

July 2020

Health workers and coronavirus
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.

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

1.5 metres

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 sanitiser before entering and after exiting the vehicle.

health
Department:
Health
REPUBLIC OF SOUTH AFRICA

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www.sacoronavirus.co.za
Source: NDoH. COVID-19 Disease: Infection Prevention and Control Guidelines. 2020
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NDP 2030

English

Taking breaks
15 July 2020

English

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

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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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