



COVID-19 Resources for Health Facilities (South Africa)

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At Basins

How to wash your hands (Portrait)










15 July 2020

July 2020


How to wash your hands

- Wash visibly soiled hands with soap and water, otherwise use alcohol-based hand rub.
- Keep nails short and clean. Avoid artificial nails as they do not allow for adequate cleaning/disinfection.

Wash your hands for 40-60 seconds using steps below: 40-60 seconds

 <p>1 Wet hands in clean water and apply soap to palm.</p>	 <p>2 Rub palms together.</p>	 <p>3 Place one hand over back of other, rub between fingers. Swap hands.</p>
 <p>4 Rub fingers between each other.</p>	 <p>5 Grip fingers and rub together.</p>	 <p>6 Rub each thumb with opposite palm. Swap hands.</p>
 <p>7 Rub tips of nails against palm. Swap hands.</p>	 <p>8 Rinse hands with water.</p>	 <p>9</p> <ul style="list-style-type: none"> • Avoid shared towels. • Dry using paper towel. • Use paper towel to turn off tap.

Once dry, your hands are safe.




health
Department of Health
REPUBLIC OF SOUTH AFRICA

Source: NDOH, *Practical manual for implementation of the National Infection Prevention and Control Strategic Framework 2020*

Adapted from the Infection Control Society of South Africa (ICSSA) and World Health Organization (WHO) and sponsored by the Knowledge Translation Unit (KTU).

Pires, D., Belbinho-Rodrigues, F., Soule, H., Gayet-Ageron, A., & Pittet, D. (2017). Revisiting the WHO 'How to Handwash' Hand Hygiene Technique: Fingers First? *Infection Control & Hospital Epidemiology*, 38(2), 230-233. doi:10.1017/icc.2016.241



English

How to wash your hands (Landscape)

15 July 2020



July 2020

How to wash your hands

- Wash visibly soiled hands with soap and water, otherwise use alcohol-based hand rub (ABHR).
- Keep nails short and clean. Avoid artificial nails as they do not allow for adequate cleaning/disinfection.

Wash your hands for 40-60 seconds using steps below:

40-60 seconds



1
Wet hands in clean water and apply soap to palm.



2
Rub palms together.



3
Place one hand over back of other, rub between fingers. Swap hands.



4
Rub fingers between each other.



5
Grip fingers and rub together.



6
Rub each thumb with opposite palm. Swap hands.



7
Rub tips of nails against palm. Swap hands.



8
Rinse hands with water.



9

Once dry, your hands are safe.

- Avoid shared towels.
- Dry using paper towel.
- Use paper towel to turn off tap.



5 moments of hand hygiene (Portrait)

15 July 2020

Source: NDoH. Practical manual for implementation of the National Infection Prevention and Control Strategic Framework 2020. Adapted from the Infection Control Strategy of South Africa (ICSA) and World Health Organization (WHO) Guidelines for Hand Hygiene. Adapted from the Knowledge Translation Unit (KTU).

July 2020

Hand hygiene

Remember the 5 moments for hand hygiene

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





Source: NDoH. Practical manual for implementation of the National Infection Prevention and Control Strategic Framework 2020. Adapted from and sponsored by the Knowledge Translation Unit (KTU).



English

5 moments of hand hygiene (Landscape)
15 July 2020

July 2020

Hand hygiene

Remember the 5 moments for hand hygiene



1 Before touching a patient



2 Before doing a procedure



3 After exposure to body fluids



Surgical hand preparation
23 July 2020

July 2020

Surgical hand preparation

Save lives: clean your hands

- The handrubbing technique for surgical hand preparation must be performed on perfectly clean, dry hands.
- After the operation when removing gloves, hands must be rubbed with alcohol-based hand rub (ABHR), or washed with soap and water if necessary.
- Surgical procedures may follow each other using ABHR as a surgical hand preparation if the following handrubbing technique is followed:



1

Dispense ± 5mL (3 doses) of ABHR into palm of left hand.



2

Dip fingertips in ABHR to decontaminate under nails (5 seconds).



3



4



5



6



7

Smear ABHR over right forearm up to elbow until fully evaporated (10-15 seconds).



8



9



10



11



12

Repeat for other hand and arm. Dispense another ± 5mL into clean hands. Rub palms together.



13



14



15



16



17

Place one hand over back of other, rub between fingers. Swap hands. Rub fingers between each other. Grip fingers and rub together. Rub each thumb with opposite palm. Swap hands. The surgical hand rub is complete.



Source: NDoH. Practical manual for implementation of the National Infection Prevention and Control Strategic Framework. 2020
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English

At Entrances


Entrance symptom screening

15 July 2020

July 2020

Coronavirus

Everybody will be screened for symptoms of coronavirus



Fever

Cough

Sore throat

Difficulty breathing

Loss of taste or smell


Protect yourself and others
15 July 2020

July 2020

Coronavirus


Protect yourself and others

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





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.





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).



English

Cough etiquette
23 July 2020



July 2020

Cover your cough and sneeze



DON'T

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



DO

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



Cough or sneeze into your upper sleeve.



Cough or sneeze inside your shirt or top.



Wash your hands with soap and water immediately after coughing or sneezing.



Source: NDoH. Practical manual for implementation of the National Infection Prevention and Control Strategic Framework: 2020
Adapted from and sponsored by the Knowledge Translation Unit (KTU).




Mask use
English
27 July 2020


July 2020


How to use a cloth mask safely

Patient Care Areas



DO






Clean and disinfect patient areas
15 July 2020

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.






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



English




Personal Protective Equipment (PPE) 15 July 2020

July 2020

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:

<p>Low risk areas:</p> <p>Clinical areas:</p> <ul style="list-style-type: none"> • Surgical mask <p>Non-clinical areas:</p> <ul style="list-style-type: none"> • Cloth mask <p><i>PPE is in short supply: avoid using medical PPE if not in direct contact with patients.</i></p> 	<p>High risk areas Managing a patient with suspected or confirmed COVID-19:</p> <ul style="list-style-type: none"> • Surgical mask • Goggles or visor • Plastic apron • Non-sterile gloves 	<p>Performing aerosol-generating procedure¹ on patient with suspected or confirmed COVID-19:</p> <ul style="list-style-type: none"> • Respirator • Goggles or visor • Fluid resistant gown or apron • Non-sterile gloves 
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¹Aerosol-generating procedures include: collecting respiratory specimens (nasal- or oropharyngeal swabs), chest physiotherapy, nebulisation, sputum induction, endotracheal intubation. Avoid nebulisers and sputum induction if suspected/confirmed COVID-19.

Put on PPE correctly (donning)


15 July 2020

July 2020


Put on PPE correctly (donning)

- 1


Clean hands for at least 20 seconds


- 2


Put on apron/gown

 - If apron, place loop over head and tie behind back.
 - If gown, cover front and tie at back of neck and waist.
 - When fastening, use a bow (not a knot) for easy release.
- 3


Put on mask/respirator


 - Secure ties or elastic bands at middle of head and neck.
 - Mould flexible band to nose bridge (do not pinch).
 - Ensure mask is pulled down under chin.
 - If respirator, check good fit by breathing in and out: mask should move in and out with breath (air should not leak).
 - If reusing N95 respirator, put on clean non-sterile gloves before replacing it. Once on face, remove gloves, clean hands and continue to step 4.
- 4

Put on goggles/visor


 - Place over face and eyes.
 - Adjust band to fit comfortably.
- 5

Put on gloves


 - Hold edge of glove as you pull it over hand.
 - Extend to cover wrist.
 - Once gloved, avoid touching other surfaces.



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



Source: NDOH. Practical manual for implementation of the National Infection Prevention and Control Strategic Framework: 2020
Adapted from and sponsored by the Knowledge Translation Unit (KTU).



English


Remove PPE correctly (doffing)

15 July 2020


July 2020

Remove PPE correctly (doffing)

- 1 Remove gloves**

 - 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
- 2 Remove apron/gown**


 - 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
- 3 Remove goggles/visor**

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

 Clean hands
- 4 Remove mask/respirator**

 - 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.



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English

15 July 2020

How to hand rub

July 2020

- 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 do not allow for adequate cleaning/disinfection.


20
seconds

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




1

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



2

Rub tips of nails against palm. Swap hands.



3

Rub palms together.



4

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



5

Rub fingers between each other.



6

Grip fingers and rub together.



7

Rub each thumb with opposite palm. Swap hands.


Once dry, your hands are safe.



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English

How to hand rub (Landscape)

15 July 2020


How to hand rub

July 2020

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English

In Tearooms

What to do before work

15 July 2020



July 2020

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 the beginning and end of each shift.
- If anyone at home has suspected or confirmed COVID-19, inform your supervisor.



Before leaving home

Clothes

- Wear simple 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.
- Wipe phone/bag with alcohol-based sanitiser.



Food and drink

- Bring lunch from home in plastic or washable fabric shopping bag.
- Use own water bottle and avoid sharing food.



Wash hands before leaving home.



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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.

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.



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English


Taking breaks

15 July 2020

July 2020

Health workers and coronavirus


How to take a break safely




1,5 metres

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


Remove all PPE before entering tea room.






- If reusing mask/respirator, remove and store it safely when eating/drinking.
- Remove carefully without touching the outside.
- Store mask/respirator 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 putting it back on.
- If not reusing mask, discard it in designated waste bin.

Disinfect phone/bag and wash hands



Avoid sharing cups, bottles, cans, dishes



Resources

COVID-19 in healthcare

- Avoid sharing food and drink.
- Avoid bought lunches and drinks from canteens.
- Avoid water coolers.
- Clean and disinfect frequently touched surfaces like kettle, toaster, microwave, counters, door handles, window handles, regularly.
- Keep windows and doors open. Report windows that don't open.
- Avoid sharing towels. Use paper towel instead.



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COVID-19 training

- Online training English

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

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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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