

# Covid-19 Communication

The **safety** of our patients, employees, doctors and community members is our priority.



Our staff and facilities are **prepared** for the COVID-19 outbreak.



Our procedures are aligned with the **NICD guidelines**.



## How the virus spreads

The virus spreads when respiratory droplets from a sick person's nose or mouth gets into a healthy person's nose, mouth or eyes.

1

Coughing



2

Sneezing



3

Touching your mouth or nose with hands that have droplets on



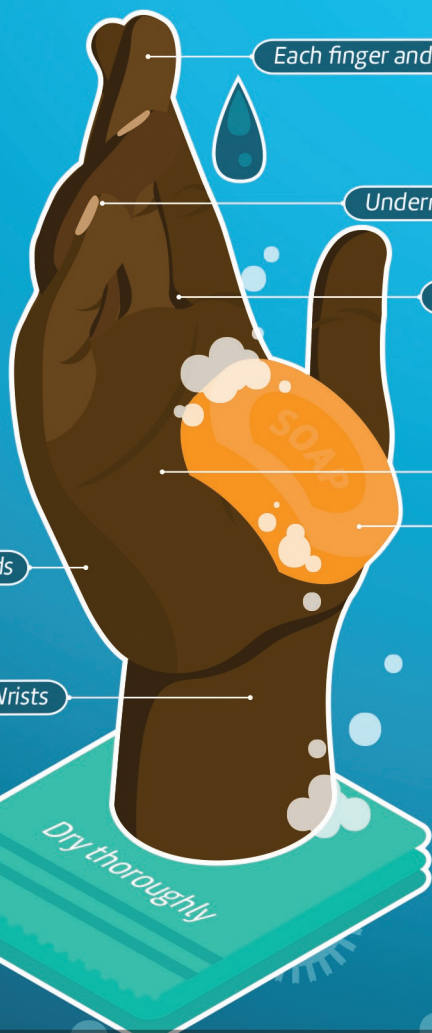
The virus stays alive on surfaces for a few days so you can get infected if you touch any of these items and then touch your face.



## Washing your hands properly!

Apply soap and water to your entire hand.

Sing "happy birthday" twice



Underneath your fingernails

Between fingers

Palms

Back of hands

Wrists

Wash your hands

- Before touching your face
- After coughing or sneezing
- When caring for someone who is sick
- Before, during and after preparation of food, and also before eating
- After using the bathroom
- Directly after handling animals or animal waste
- When your hands are visibly dirty



If you are displaying symptoms, masks can be worn to prevent the spread of the virus.

## Preventative measures



Avoid exposure with people who have cold or flu-like symptoms



Stay home if you are sick



Thoroughly wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based sanitiser or hand rub that contains at least 60% alcohol.



Avoid touching your eyes, nose and mouth with unwashed hands



Cover your nose and mouth when coughing or sneezing. If you do not have a tissue, use your elbow/sleeve



Do not share food, utensils, cups or towels



Lenmed operates in the interest of patient and community safety and the information provided is based on current information on 10/03/2020. This is advice only and does not replace consultation with a healthcare professional.

© trainiac.com

NICD HOTLINE FOR PUBLIC: 0800 111 132/0800 029 999 | NICD HOTLINE FOR DOCTORS: 0800 111 131

Contact your local Lenmed Hospital

info@lenmed.co.za | www.lenmed.com

