

Coronavirus (COVID-19) information for cleaners

COVID-19 symptoms can develop within

2 to 14

days of exposure.



Cough



Fever



Shortness of breath



Sore throat



Headache

Other symptoms include:
Body aches and pains
Weakness or fatigue
Severe respiratory distress

You could get the virus if:

- You come into **close contact** with someone who has the virus and is coughing.
- You **touch** an object or surface with the virus on it, then **touch your mouth, nose or eyes** before washing your hands.

COVID-19 can only be diagnosed with a laboratory test.

There is no specific treatment or vaccine for COVID-19.

Prevention practices



20 seconds



Practice good hand and respiratory hygiene.



Avoid close contact with people who are coughing.



Stay at home if you are ill.



Wipe down all surfaces with disinfectant.



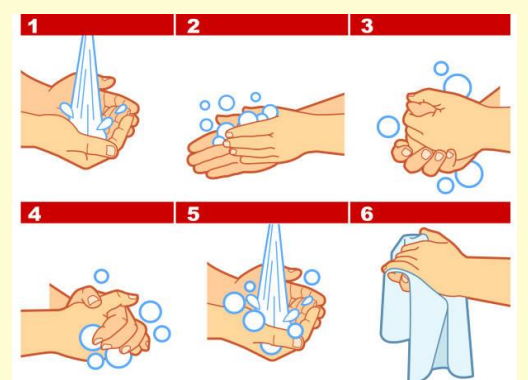
Wear a mask if you have symptoms.

5 cleaning tips for prevention

- Daily clean and disinfect surfaces and objects that people frequently touch.
- Do not touch eyes, mouth or nose when cleaning.
- Clean with diluted household bleach solutions or use alcohol solutions with at least 70% alcohol.
- Damp-mop floors instead of dry-mopping them.
- Use disposable gloves when cleaning.
- If no gloves, wash hands immediately after cleaning.

Wash your hands well

- Wash for around 20 seconds.
- When washing your hands with soap and warm water, do not forget to wash in-between your fingers and the backs of your hands.



What to do if you suspect you have been exposed to COVID-19

- Alert your supervisor and occupational health clinic immediately.

For more information contact

NICD: 080 002 9999

www.nicd.ac.za

NIOH: info@nioh.ac.za; www.nioh.ac.za

Information in this infographic is correct as at 16 March 2020. Please consult NICD, NIOH, WHO and CDC websites for updated information.