COVID-19 information for Health Workers

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

Health care staff should

- Ensure the correct donning and doffing of PPE.
- Hand hygiene is essential before donning and after doffing PPE.
- Avoid touching your face while working.
- Monitor for signs of illness and if symptoms develop, self-isolate, follow the advice of NICD and inform your manager.
- Maintain routine cleaning and disinfection procedures.

Protect yourself and others

Practice good hand and respiratory hygiene.

Appropriate PPE should include:
- Disposable gloves
- Surgical mask that covers mouth and nose
- Apron
- Eye protection

Wear PPE when:
- Triaging and screening patients.
- Entering a room with a confirmed or suspected COVID-19 patient.
- Cleaning and disinfecting following a COVID-19 patient.

Remove and discard PPE appropriately and perform hand hygiene.

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 manager and occupational health clinic immediately for further evaluation.

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 19 March 2020. Please consult NICD, NIOH, WHO and CDC websites for updated information.