Coronavirus (COVID-19) information for teachers

COVID-19 symptoms can develop within 2 to 14 days of exposure.

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.

Protect yourself and others

- 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.

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

- Alert the school officials and contact your health care provider immediately for further assessment.

Teachers should

- Help learners remain calm and understand the facts of COVID-19.
- Promote good hand and respiratory hygiene to learners.
- Ensure adequate ventilation and sunlight in the classrooms.
- Routinely clean and disinfect surfaces and objects that children frequently touch.
- Wear gloves when touching or marking books etc.

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.

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.