

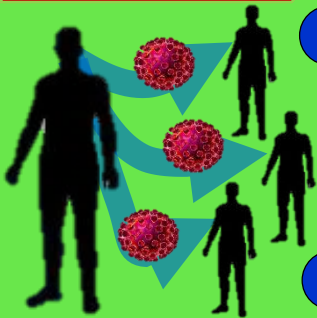
TEACHERS

What you need to know

CORONAVIRUS

The 2019 novel coronavirus or SARS-CoV-2 is a new respiratory virus that has not been identified before; and thus people have no immunity to it. The virus causes diseases of varying severities ranging from mild (e.g. similar to common cold) to more severe disease.

TRANSMISSION



Transmitted by droplets from coughing or sneezing within a distance of 1 meter

Person-to-person contact such as touching or shaking hands

Touching contaminated objects or surfaces then touching your eyes, nose or mouth

Incubation period is generally 2-14 days but can be up to 27 days

Protect yourself & others

- **Wash hands regularly** using soap and water (~20 sec) or alcohol-based hand rub (~70%)
- If you have been in contact with a laboratory-confirmed case **self-quarantine** at home and monitor for signs of illness
- Avoid touching your eyes, nose or mouth
- Avoid travelling if not necessary
- There is currently **no vaccines** for COVID-19, however it is advisable to **take the flu vaccine** to prevent influenza and unnecessary testing for COVID-19

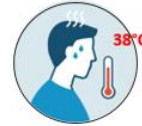
IF YOU HAVE SYMPTOMS

- **Avoid contact** with other people
- **Cover nose & mouth** with a flexed elbow or use tissue when coughing & sneezing
- **Wear a mask** and seek medical advice immediately
- Inform your healthcare provider about any contacts and **recent travel** to areas affected by COVID-19.

COMMON SYMPTOMS



Cough



Fever



Shortness of breath



Sore throat



Headache

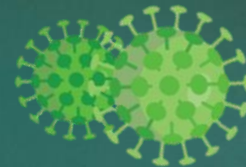
Other symptoms include:
Body aches and pains
Weakness or fatigue
Severe respiratory distress

HOW IS COVID -19 DIAGNOSED?

If your healthcare provider suspects you may have COVID-19, then a laboratory test would be required (nasopharyngeal or oropharyngeal swabs, sputum, tracheal aspirate). The National Institute for Communicable Diseases (NICD) has detailed information and guidelines for collecting, handling, and transporting clinical specimens from patients under investigation (PUI) to their laboratory.



Preventative Plan



As the global outbreak evolves, schools should prepare to help stop or slow the spread of **COVID-19**. Both the schools and **teachers play an important role** in prevention. And, the implementation should minimise disruption to teaching and learning; and protect against social stigma and discrimination.

SCHOOLS AS EMPLOYER SHOULD:

- ✍ Review, update and implement policies, procedures and emergency operations plans that address COVID-19
- ✍ Have HR policies to account for unique sick leave such as self-quarantine (14 days), business travel, etc.
- ✍ Encourage staff and pupils to stay at home when sick
- ✍ Develop communication plan for sharing credible information (e.g. notice boards, assembly, parent & community update)
- ✍ Identify exposure risks for workers (e.g. in the classroom, at sports event, during assembly, at the security point) and implement appropriate control measures
- ✍ Provide resources at school for staff, clients and visitors e.g. hand washing facilities, hand sanitisers, posters, tissues, etc
- ✍ Advise teachers and pupils before travelling locally or internationally to check the latest update on the destination
- ✍ Advise those that have recently travelled to COVID-19 affected areas to self-monitor and/or quarantine where necessary

TEACHERS SHOULD:

- ✍ Ensure adequate ventilation and sunlight into classrooms so that droplets can dry out quicker
- ✍ Create awareness in the classroom on good hand and respiratory hygiene and importance of limiting personal contact
- ✍ Perform frequent cleaning and disinfection of touched surfaces (e.g., doorknobs, light switches, countertops, remote controls, desks, keyboards)
- ✍ Wear gloves when touching or marking books etc as informed by the school risk assessment

What If...



THE SCHOOL HAS A CONFIRMED COVID-19 CASE OR PERSON IN SCHOOL PRIOR TO BEING CONFIRMED

- Immediately inform health and education officials to determine course of action
- Inform fellow workers of their possible exposure to COVID-19 but maintain confidentiality
- Determine if, when, and duration of school dismissal (may be 14 days)
- Determine what level of absenteeism will disrupt continuity of teaching

If schools are dismissed, consider:

- ✍ Developing and delivering lessons and materials to ensure continuity of learning
- ✍ Temporarily cancel extracurricular activities and events/trip that put people at risk
- ✍ Discourage pupils and staff from gathering or socializing anywhere
- ✍ Ensure continuity of meal programs, where relevant

PUPIL OR STAFF ARE WELL BUT ARE CARING FOR OR LIVING WITH A COVID-19 CASE

- School should be notified and person self-quarantine for 14 days unless advised otherwise
- School inform health and education officials to determine course of action
- Inform fellow workers of their possible exposure to COVID-19 but maintain confidentiality



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