



COVID-19 (COVID-19) AND LANDFILL SITES WASTE PICKERS

The coronavirus disease 2019 (COVID-19) is a respiratory disease caused by SARS-CoV-2. This disease can affect your lungs and airways and make people sick especially those with co-morbidities such as high blood pressure, diabetes, etc. Its common symptoms can be mild, similar to the common cold or more severe like pneumonia. All sections of society, including businesses, self-employed and employers, must play a role to stop the spread of this disease.

COVID-19 TRANSMISSION

The virus spreads when these droplets get into your:



Sometimes the COVID-19 person's saliva or droplets can get on other things...



And if you touch any of these things by accident, and then touch your face, rub your eyes or your loved ones face, you might become susceptible to getting COVID-19.

COMMON COVID-19 SYMPTOMS

- ▶▶ Fever
- ▶▶ New continuous cough
- ▶▶ Shortness of breath
- ▶▶ Tiredness
- ▶▶ Congestion/runny nose
- ▶▶ Headache
- ▶▶ Sore throat
- ▶▶ Loss of taste/smell
- ▶▶ Nausea/vomiting
- ▶▶ Diarrhoea



HOW IS COVID-19 DIAGNOSED?

If you suspect you may have COVID-19, then a laboratory test would be required. COVID-19 is diagnosed by a laboratory test, polymerase chain reaction (PCR) molecular test, on a respiratory tract sample (e.g. sample from nose, throat or chest). This test detects the SARS-CoV-2 genetic material. The National Institute for Communicable Diseases (NICD) has detailed information and guidelines for collecting, handling, and transporting clinical specimens.

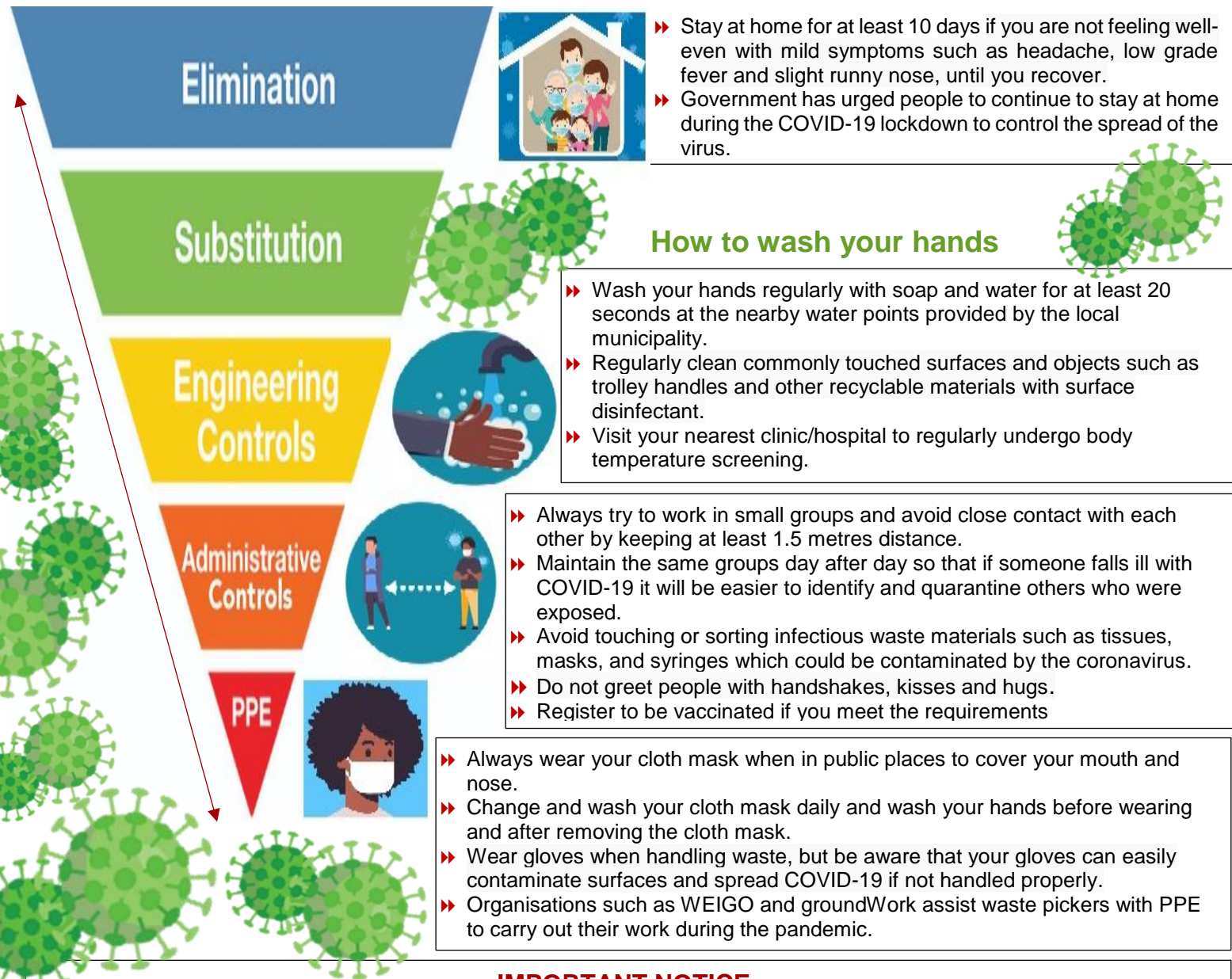
WHAT SHOULD WASTE PICKERS DO IF THEY TEST POSITIVE FOR COVID-19?

- ▶▶ If your symptoms are mild, you need to isolate at home and avoid contact with other people for 10 days
- ▶▶ Immediately inform waste pickers community leaders to investigate mode of exposure and enforce relevant preventative measures
- ▶▶ If your condition worsens, seek medical help as soon as possible
- ▶▶ Waste pickers community leaders should inform all the waste pickers about the confirmed cases and of their possible exposure to COVID-19 but maintain confidentiality
- ▶▶ Cooperate with the contact tracing officers from the Department of Health. They will assess who has to be placed under quarantine/isolation and advise if the landfill site should be temporarily closed for decontamination.



How waste pickers can protect themselves against COVID-19

APPLYING HIERARCHY OF CONTROLS TO REDUCE THE SPREAD OF COVID-19



IMPORTANT NOTICE:

The main benefit of everyone wearing a cloth mask is to reduce the amount of virus containing droplets being coughed up by those with the infection and transmitted to others and to surfaces that others may touch. Since some infected persons may not have symptoms or may not know they are infected, the National Department of Health requires that all persons wear cloth masks when in public places. The use of cloth must always be used with other hygienic methods of prevention such as hand washing and social distancing.



COVID-19

COVID-19 Workplace Preparedness & Prevention
HEALTHY, SAFE & SUSTAINABLE WORKPLACES
Workplace Hotline: 0800 2121 75
Occupational Health Surveillance System [OHSS]
 General queries for data submission: 0723215503 | 0713981169 | OHSSWorkplace@nioh.ac.za
www.nioh.ac.za | info@nioh.ac.za | [twitter: @nioh_sa](https://twitter.com/nioh_sa)



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