

# CORONAVIRUS ORIENTATION

# TEACHERS

## Understanding COVID-19

### What is COVID-19?

#### The Respiratory System

COVID-19 is a respiratory illness contracted through the mouth, nose or eyes and transmitted into the lungs.

The best way to prevent contracting the disease is to prevent the virus from entering the respiratory system.

There are simple steps we can each take to keep ourselves, our loved ones and the most vulnerable in our communities safe.

On 31 December 2019, the World Health Organization (WHO) China country office reported a severe acute respiratory syndrome associated with a novel coronavirus. The virus has been named 'SARS-CoV-2' and the disease it causes is 'coronavirus disease 2019', or COVID-19.

The disease is highly contagious.

#### Prevent Transmission

##### Hand washing

##### Cleaning surfaces

##### Social distancing

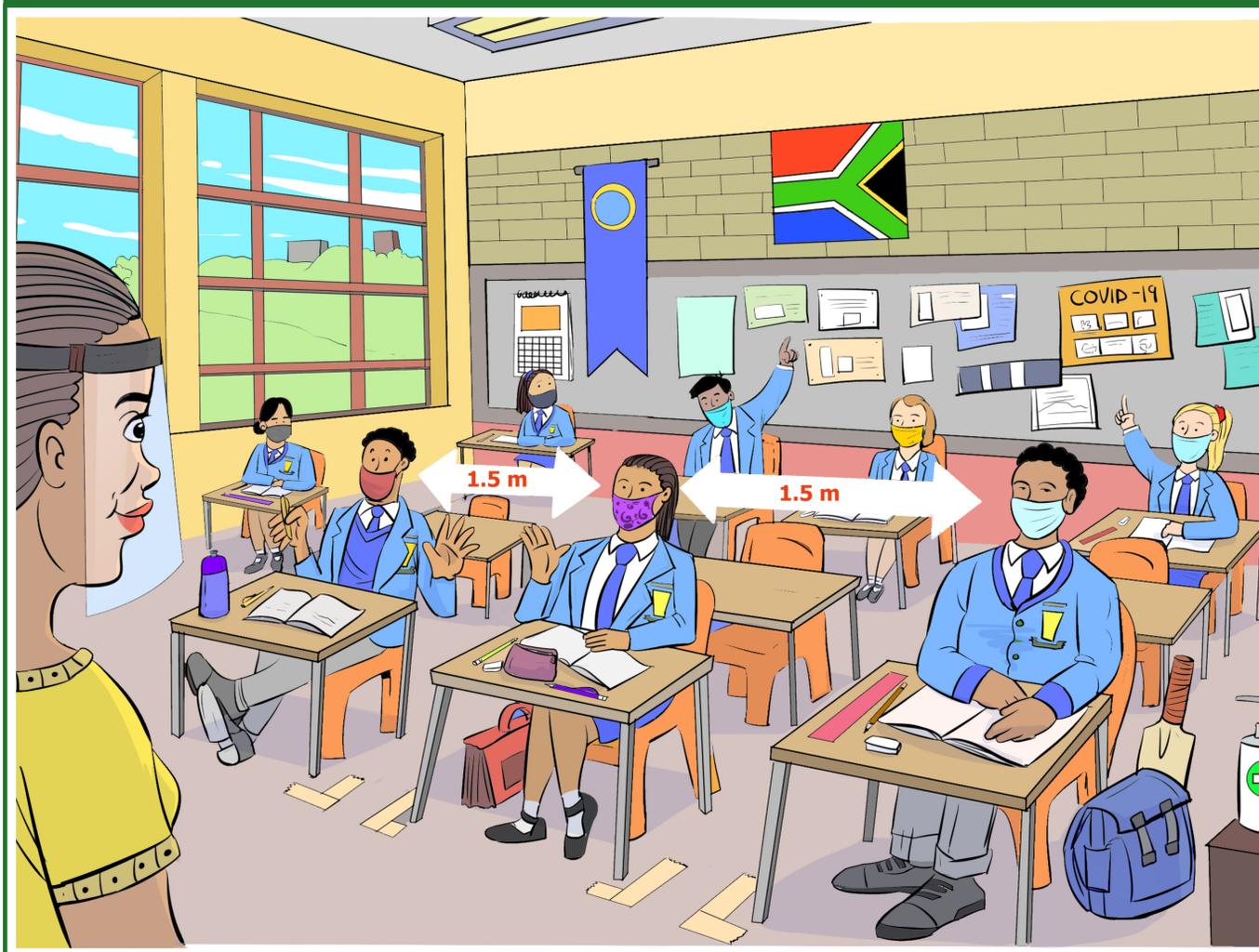
### How COVID-19 is Spread

<h4>A Very Infectious Virus</h4> <p>COVID-19 can survive in tiny droplets in the air for a short time, but it can survive for a few days when it lands on a hard surface like metal or plastic.</p>	<h4>Frequently Touched Surfaces</h4> <p>The virus spreads very easily from contaminated hands to other hands and to frequently-touched surfaces (door handles, keyboards, keypads, cash, credit cards, books, stationery, products and packaging).</p>
<h4>Don't Touch Your Face!</h4> <p>Try not to touch your face, especially your eyes, nose or mouth, unless your hands have been properly washed or disinfected.</p> <p>Keep all surfaces free from infection by regularly washing them down or wiping them well with disinfectant.</p>	<h4>Keep Yourself and Others Safe!</h4> <p>You can only have a safe environment by killing infectious particles from all surfaces, and by keeping your nose and mouth covered. That's why regular cleaning of frequently used surfaces and wearing a clean cloth mask when you go outside are so important.</p>

### The Golden Rules

1. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser.
2. Avoid touching your eyes, nose, and mouth with unwashed hands.
3. Avoid close contact with people who are sick.
4. Stay at home when you are sick.
5. Keep a distance of 1.5 metres from other people at all times.
6. Cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue in the bin.
7. Clean and disinfect frequently touched objects and surfaces.
8. Wear a cloth mask.

## Risk Reduction for Classrooms



### Inside the Classroom

- Frequent hand hygiene must be part of the classroom routine. The handwashing station can be inside or outside the classroom.
- Protective face masks (cloth masks) and/or visors must be worn at all times.
- Social distancing must be adhered to at all times.
- Pens and pencils must not be shared among learners or teachers.
- No sharing of food or eating utensils.
- Hand sanitiser should always be available.
- Classrooms must be cleaned at least twice a day with a disinfectant.
- There should be one learner at a desk.
- Desks need to be spaced so that learners are at least 1.5 metres away from each other. Masking tape can be used.

### Outside the Classroom

- Everyone must wash their hands with soap and water or sanitise when leaving or entering.
- Each class must have access to a hand-washing station, including the following at all times:
  - A 'Tippy Tap' (if available) with handwashing soap (bar or liquid). NEVER use a common bowl.
  - If no 'Tippy Tap' is available, a hand sanitiser with at least 70% alcohol base.
  - Paper towels to dry hands or wipe surfaces.
  - A litter bin with a lid, lined with a bin liner.
- All tissues, paper towels and contaminated waste must be safely discarded in the bin.



## Learner Motivation and Emotional Support



Teachers must be on the lookout for signs of persistent fear, worry, anxiety, sadness, feelings of hopelessness and other overwhelming emotions.

#### Telltale signs

- Withdrawal from others (not normal social distancing)
- Loss of interest in personal appearance
- Unusual lack of energy
- Outbreaks of rage or other expressions of anger at the world
- Skipping classes
- Signs of drug or alcohol usage

#### Psychological support for learners

Sources of psychological support:

- Your Employee Assistance Programme
- The South African Depression and Anxiety Group (SADAG) helpline is 0800 567 567 or send a SMS to 31393
- Childline Hotline: 08000 55 555
- Lovelife Free Plz Call Me: 083 323 1023
- LifeLine Toll Free: 086 132 2322
- Substance Abuse Line 0800 12 13 14 or SMS 32312

#### Self-care for teachers

- Avoid excessive exposure to COVID-19 media and negative social media coverage.
- Maintain a healthy diet and positive lifestyle.
- Maintain positive thinking..
- Reach out to others with consolation that the situation will eventually be contained.
- Take personal time out to unwind.
- Remember to practice social distancing when in support groups.