

# Covid-19 Message\_002 Personal Hygiene & Wellness

## Hand washing



### At all CTU premises

- Set up and maintain a hand washing station at the facility entrance.
- Supply each handwash station with running water, soap, paper towels and biohazard disposal bin.
- Disinfect each handwash station at least daily.
- Display instructions on hand washing technique at all hand washing stations

### Everyone should.....

- ✓ Wash hands with soap and water throughout the day, especially
  - upon entering and leaving CTU premises,
  - before preparing food and eating,
  - after using the toilet, between clinical assessments of study participants
  - after coughing or sneezing.
- ✓ Use alcohol-based hand sanitizer in areas where there is no handwash station and in CTU vehicles.



## Respiratory hygiene

### At all CTU premises

- Display instructions for maintaining good respiratory hygiene in public areas of clinical facilities (for example study clinic waiting rooms) and administrative units.

### Everyone should.....

- ✓ Wear a mask properly and at all times.
- ✓ Cover mouth and nose when coughing or sneezing.
- ✓ Use a flexed elbow or a tissue that's immediately discarded in a covered dustbin (then wash hands).

## Personal wellness



"Its **OK** not to be **OK**"

*Dr Lynda Stranix-Chibanda*

It is **normal** to feel stressed, angry, afraid, sad, and depressed during this pandemic. You might even be more stressed if you are working in a COVID-19 related study. You are not alone. In a recent study carried out among this CTU's staff, 68% of the respondents reported that they sometimes/always felt stressed or overwhelmed by COVID-19

### Here's what to do when you feel stressed, confused, scared or overwhelmed:

- Get the facts. Gather COVID-19 information from credible sources
- Talk to people you trust such as family, friends, or work colleagues
- Maintain a healthy lifestyle, including proper diet, sleep and exercise
- Don't smoke, drink alcohol or use other drugs to deal with your emotions



➤ Contact the following psychologists...*don't worry the CTU's Medical Aid Fund will cover the cost if you are a staff member.*

- ☐ Deborah Machando – 4th floor Medical Chambers, 60 Baines Avenue, Harare, Zimbabwe. Email: [ddmachando@gmail.com](mailto:ddmachando@gmail.com) . Cell No. 0774 118 828 / 0718 049 781
- ☐ Tarisai Bere - 20 Bath Road, Belgravia, Harare. Email: [tdzuda@gmail.com](mailto:tdzuda@gmail.com) Cell No. 0772 257 389

## National COVID-19 statistics

As of 1 September 2020, Zimbabwe had recorded 6 559 COVID-19 cases; including 5 241 recoveries and 203 deaths.

## From one of us.....



*"I always wash my hands to prevent the spread of corona virus. You should do the same!" Sagara*

## For COVID-19 related questions.....

- ❖ Talk to the CTU IPC designee at your site / department
- ❖ Email CTU IPC taskforce on: [ipc@uz-ctrc.org](mailto:ipc@uz-ctrc.org)
- ❖ City Council COVID-19 Rapid Response Teams:
  - ❖ Chitungwiza – 0773733504/ 0772784967 / 0712843581
  - ❖ Harare – 0772974314
- ❖ MoHCC tollfree number: 2019

Send your contributions/ comments / suggestions for future bulletins to [skokera@uz-ctrc.org](mailto:skokera@uz-ctrc.org)

