

COVID-19 Message _ Returning to work & COVID-19 testing

Hi there....Happy 2021. The year 2020 was a difficult year for most, and while we hope for the best in 2021, the reality is COVID-19 is still with us. As we start the year, let us remember to remain vigilant, protecting ourselves and those around us. Here are a few guidelines as we all return to work.

(sources used – IPC SOP, National guidelines)

As we all return to work, let us follow the guidance from the CTU IPC Taskforce in-order to keep ourselves safe at the workplace.

You will be requested to complete a screening tool on a regular basis (online/ on paper). Please:

- ✓ comply with the request(s).
- ✓ complete the COVID-19 screening tool **truthfully.**

At all CTU premises:

- Wash, sanitise your hands and have your temperature checked on entry.
- Wear a mask properly all the time, except when eating.
- Observe physical distancing always including during meals.

What to do at home when you think you may have COVID-19

- Do not report for duty in person. First contact the IPC focal person in your CRS/ Department. Follow their guidance.
- Do not use public transport to go to the clinic/ hospital
- If you are tested for COVID-19, do your best to avoid possible transmission while waiting for your results. Self isolate from your work colleagues, family and community members.

What to do if the test result shows you do not have COVID-19

- ✓ Practice physical distancing. Wear your mask correctly. Keep your hands off your face.
- ✓ Wash hands frequently and thoroughly with soap and water for at least 20 seconds. Use an alcohol based hand sanitiser (>60% alcohol).
- ✓ Minimise use of public transport.
- ✓ Stay at home if you do not feel well.
- ✓ If you have other chronic conditions, continue taking your medicines as usual.

What to do if the test result confirms that you have COVID-19

- Continue to strictly observe self-isolation.
- If you are not able to effectively observe self-isolation standards, inform your health worker who will advise an alternative isolation centre in your area to safeguard your household from getting infected.
- Stay in isolation for 10 days from the day you test positive or after 10 days plus 3 days with no symptoms.
- If you have other chronic conditions, continue taking your medicines as usual.
- Do not share utensils – plates/cups with others. These should be disinfected thoroughly.
- Do not share a bed, the bathroom or toilet where possible. If sharing, make use you use the toilet last and clean it with disinfectant to avoid passing on the infection to others.

- If you develop worsening or new symptoms alert your health worker for re-assessment.
- DO NOT REPORT FOR WORK IN PERSON. If you must work, work from home unless otherwise advised by the CTU IPC Taskforce.

What medicines to take to make yourself comfortable at home if you have COVID-19 symptoms

- There are currently no specific medicines for curing COVID-19.
- Do whatever you believe makes you better when you have 'flu' e.g. taking pain killers / other medication or home remedies.
- Try and sleep on your stomach most of the time, it helps you breathe better.

COVID Comic...

- Instead of the usual jokes, let us take this moment to think of all those we have lost due to this pandemic. May their souls rest in eternal peace.

Got COVID-19 related questions?

- Talk to the CTU IPC designee at your CRS / dept
- Email CTU IPC taskforce on: ipc@uz-ctrc.org
- City Council COVID-19 Rapid Response Teams:
- Chitungwiza – 0773733504/ 0772784967 / 0712843581 Harare – 0772974314

Want to get involved?

Send your comments / suggestions for future broadcasts to skokera@uz-ctrc.org

