

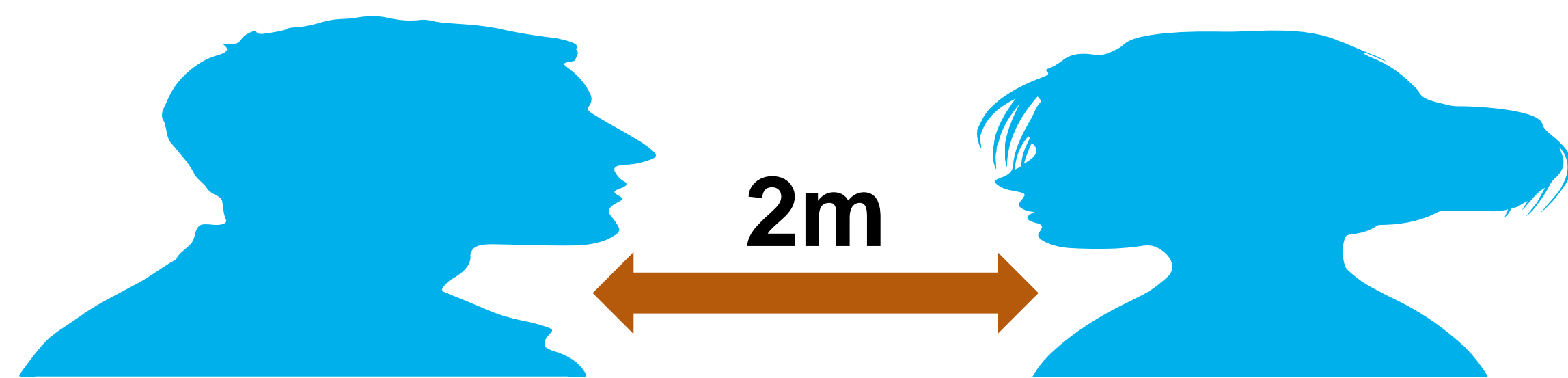
COVID-19 Message_001 Social Containment

Hi there....In order to assist, educate and support staff members during this COVID-19 pandemic, the UZ-CTRC IPC Taskforce has created this COVID-19 message broadcast. This will serve as a quick update on COVID-19 and reminder for IPC measures essential in the fight against COVID-19 at our CTU.

Physical distancing



- Limit/avoid in-person meetings
- Practice physical distancing at tea & lunch breaks
- Limit duration spent in-person to less than 15 minutes, when possible.



REMEMBER: Coronavirus can be transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing).



Social conduct

- Avoid social touching, including hugs, handshakes, and kisses.
- Adopt alternatives, including waving, smiling, bowing, and nodding.



Scheduling site / unit activities

DO:

- ✓ Plan and design activities at your workplace to avoid crowding and congestion
- ✓ Minimise the number of people gathered together at one time for study visits/ refreshment breaks.
- ✓ Stagger working hours and break times where feasible.
- ✓ Schedule transport to minimise the number of travellers sharing the vehicle



Quotable quote from one of our CTU colleagues.....

There are some people who can't maintain physical distance; politely tell them that they are too close. Usadyire huroyi mukunyara.

T1

National COVID-19 statistics

- As of 18 Aug 2020, the country had recorded 5378 COVID-19 cases, 4105 recoveries and 141 deaths (MoHCC).

COVID Comic...to reduce stress & give you something to smile about

- What's the best way to avoid touching your face? A glass of wine in each hand.
- What should you do if you don't understand a coronavirus joke? Be patient.

Got COVID-19 related questions?

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

Want to get involved?

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

