

Health Tips for Covid-19

Medical Advice and Safety Precautions

OFFICE OF THE REGISTRAR
COUNSELLING SERVICES AND THE WELLNESS TEAM

It is our responsibility to continuously remind ourselves until it becomes a habit!!

1. Enforce and ensure physical distancing especially in public areas.
If others are not doing it, politely request them to follow this precaution.
Remember to keep 1-2 meters apart.
2. Hand wash whenever you can! Wash your hands especially first thing upon entering your homes.
Remember to count to 20 when washing!! 30 will be even better!
3. Avoid touching your mouth, nose and eyes at all times.
4. Cough or Sneeze into the crook of your elbow as shown in the image below.



5. Use alcohol based hand sanitizers whenever washing hands.
6. For now, stop inviting visitors and stop visiting friends and family.
Be strict with this rule as this can prevent the further spreading of the pandemic.
Remember the anyone can contract the virus.

Remember that your ATM and Credit cards, money, wallet, purse, mobile phones, supermarket trolleys, basket handles, your purchases, bus and taxi seats and doors, shop door handles and door knobs and basically every surface your hand comes into contact with can carry the virus.

Wear disposable hand gloves to avoid direct contact.

As much as possible sanitize your cards, wallets, mobile phones and also sanitize and wash your hands immediately after returning from public spaces and immediately on entering your homes.
Try and do this before you commence with your usual household chores and daily routine.

Protect yourself and your family.

If you have a fever and suspect, you may have Covid -19 do not go to a Hospital.
The presence of a fever is one of the main Covid-19 symptoms.
Call one of these numbers or go to one of the 8 Fever clinics available throughout the nation.

 **Central:** 2219905 | **Western:** 2219907 | **Eastern:** 2219906 | **Northern:** 2219908

If you do not have private transport and normally use public transport, then better to call the numbers provided.

There is no known cure. Do not spread misinformation and please follow whatever medical advice that has been given.

Also Remember Mild Cases of Covid 19 will not require hospital admission and will require home self-quarantine instead. Home Quarantine in itself will pose a huge responsibility, burden and risk on your household so PLEASE FOLLOW ADVICE, so that you and your household do not contract this virus!!

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