



CORONAVIRUS DISEASE (COVID-19)



PREVENTION & PRECAUTIONS

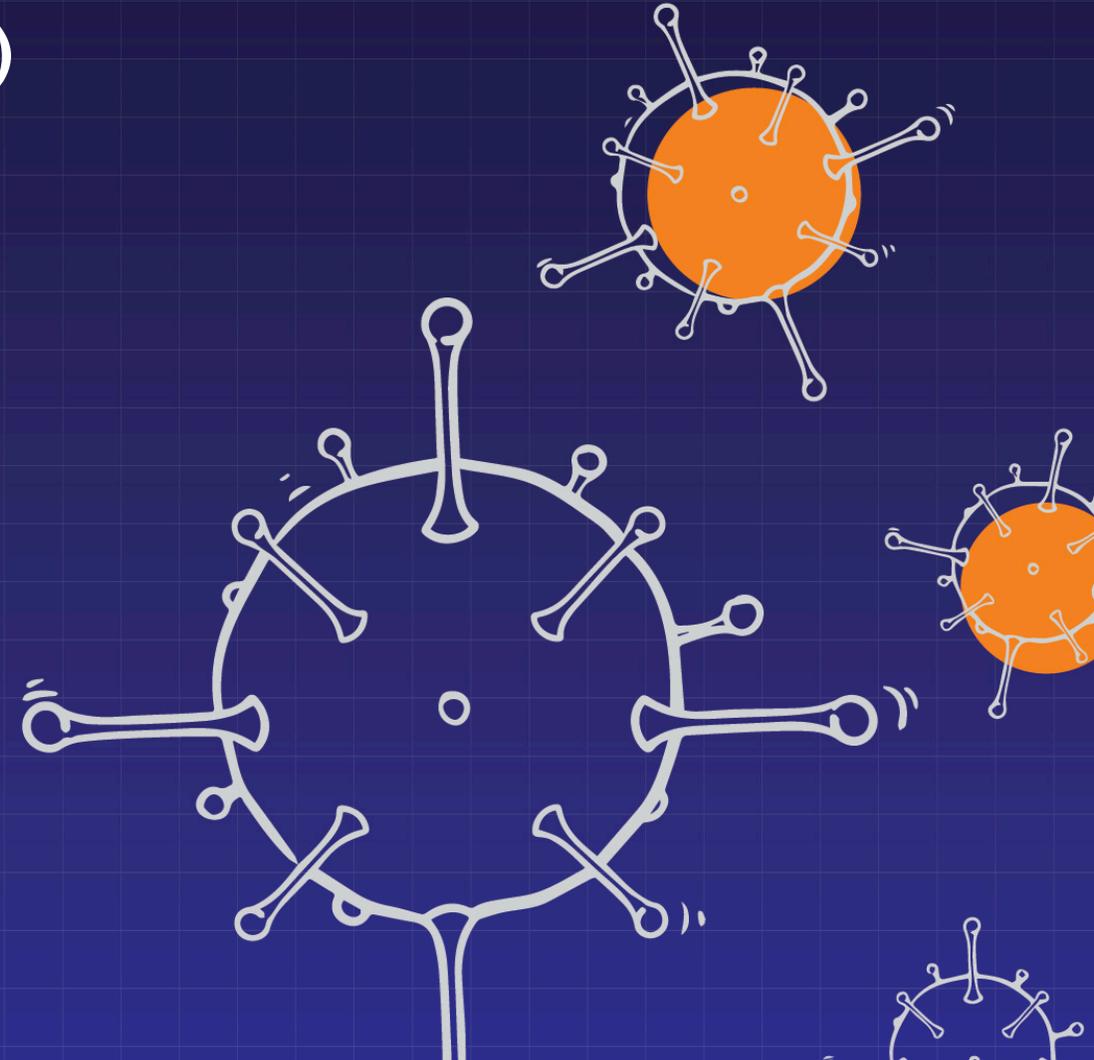


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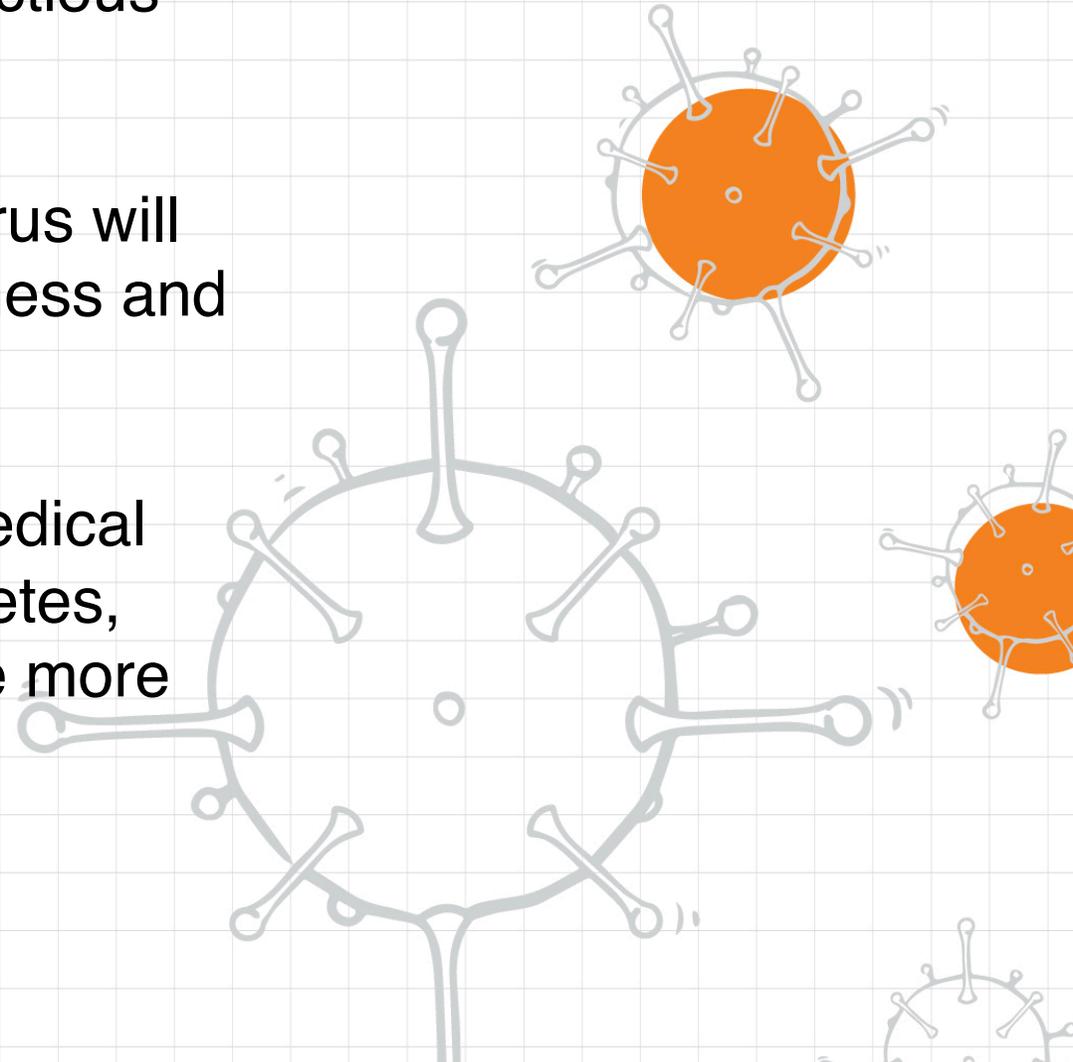
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1. What is Coronavirus (COVID-19)?

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment.

Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.



2. Cause & Symptoms

TRANSMISSION

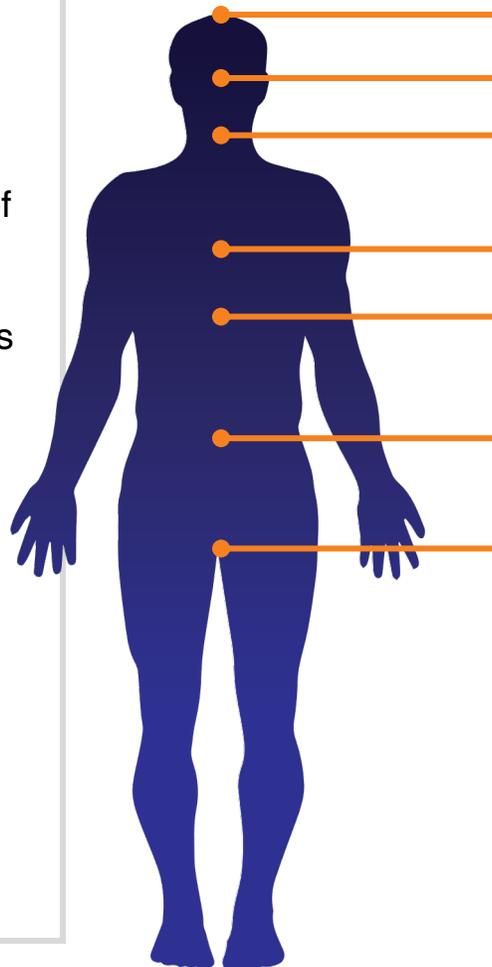
Coughs or sneezes from an infected person or touching contaminated objects.

Mainly spread by **droplets** of saliva or discharge from the nose or mouth when an infected person talks, coughs or sneezes.

Touching **contaminated objects and surfaces** puts the infected droplets onto your hands which can enter your nose / eyes / mouth.

Travelers have spread the virus into other countries.
Screening at entry points helps detect sick travelers.

MILD SYMPTOMS



- Headache
- Fever & Chills
- Sore Throat & Dry cough
- Rapid Heartbeat
- Chest Pain & Shortness of breath
- Gastrointestinal issues
- Diarrhea
- General body aches

Symptoms may appear within 14 days of exposure.
MONITOR YOUR HEALTH!

Most cases are **MILD**, but some are **SEVERE** and can be fatal.

SEVERE SYMPTOMS

- High Fever (38° C or higher)
- Pneumonia
- Kidney failure
- Death



SELF ISOLATE



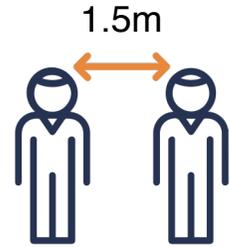
If you have **MILD SYMPTOMS** and are otherwise healthy. Contact your medical provider or a COVID-19 information line for advice on testing and referral.

If you have a **fever, cough or difficulty breathing**, you should call your doctor and **SEEK MEDICAL ATTENTION.**

3. Prevention



Prevent infection and slow the transmission of COVID-19 by doing the following:



PRACTICE SOCIAL DISTANCING!

Maintain at least 1.5m distance between you and other people.

Avoid sick people and don't let them cough or sneeze on you.

Stay away from large groups of people.

Avoid all unnecessary travel.



WE HIGHLY RECOMMEND WEARING A MASK

- Wash your hands thoroughly before and after touching the mask.
- It should cover your mouth, nose and chin with the coloured side facing out.
- Remove a used mask holding only the ear loops, do not touch the outside.
- To be effective, change your mask regularly or if it is soiled or wet.
- Dispose of the used mask properly directly into a bin, do not recycle.



Wash hands often with soap and water or use alcohol-based hand sanitiser.



Avoid touching your face.



Stay at home if you feel unwell.



Cover your coughs and sneezes with your elbow.



Do not share food, drinks and other personal items.



Refrain from smoking and other activities that weaken the lungs.

4. Medical Advice

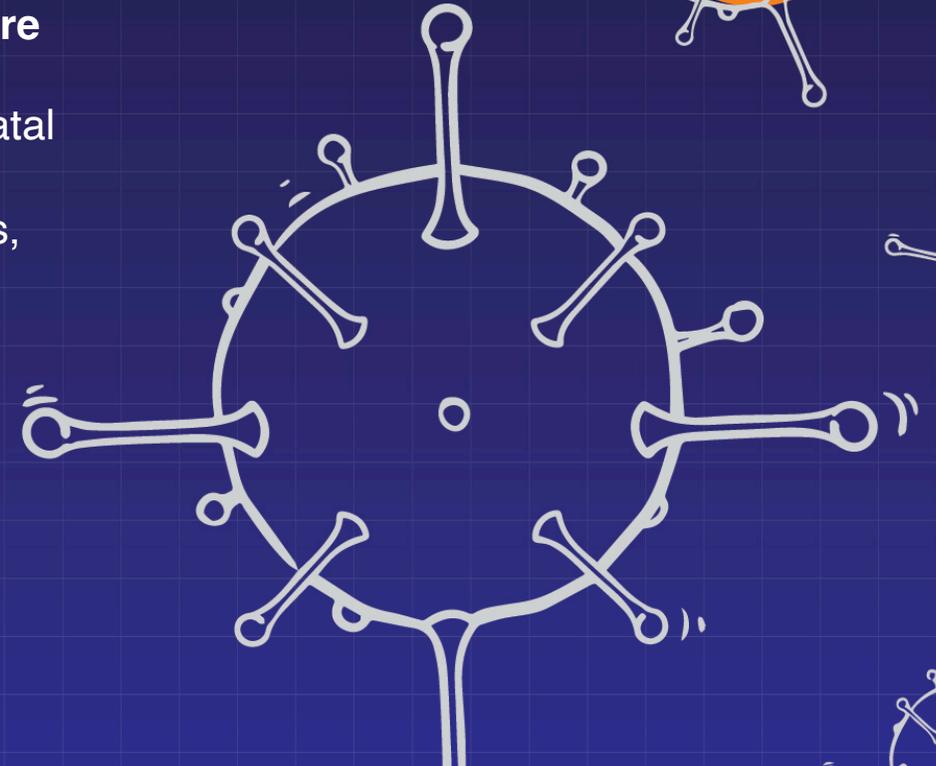
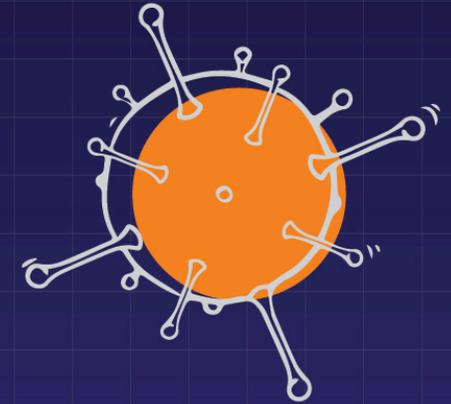
The World Health Organization does not recommend self-medicating with any medicines, including antibiotics, as a prevention or cure for COVID-19



Always consult your medical practitioner if you are unsure

DO NOT SELF-MEDICATE using Chloroquine – it could be fatal

DO BOOST YOUR IMMUNE SYSTEM with immune boosters, vitamin C, eating a healthy balanced diet and exercise



5. SMS Actions & Precautions



Each vehicle has a sanitiser for disinfecting



SMS staff sterilising bus



SMS checking passenger temperatures when entering the bus



SMS staff washing hands before entering bus

5. SMS Actions & Precautions



Mobile phone sterilising station



SMS sterilising mouse, keyboard and office



SMS notice board

5. SMS Actions & Precautions



SMS staff sterilising toilets



Sanitiser dispensers have been installed at all entrance points



Soap and cleaning materials with disinfectant have been increased at our washing facilities

5. SMS Actions & Precautions



Open air meeting and social distancing



Sanitising door handles

5. SMS Actions & Precautions



ADVICE AND INFORMATION COMMUNICATED TO ALL STAFF:

If you have any of the Coronavirus symptoms:

1. Do not come to work.
2. Call the National Helpline, explain your symptoms. Seek medical advice from them.
3. Call SMS management and explain your symptoms and advise on what the **National Helpline** has advised.
4. SMS will contact the GGM clinic, seek advice and keep them informed.

Tanzania National helpline:

0800 110 124 OR 0800 110 125

SMS TANZANIA MANAGEMENT CONTACT DETAILS:

Donald Naset: +255 765 438 745

Chris Rupia: +255 754 710 374

Mahula Steven: +255 742 705 525

GGM CLINIC CONTACT DETAILS:

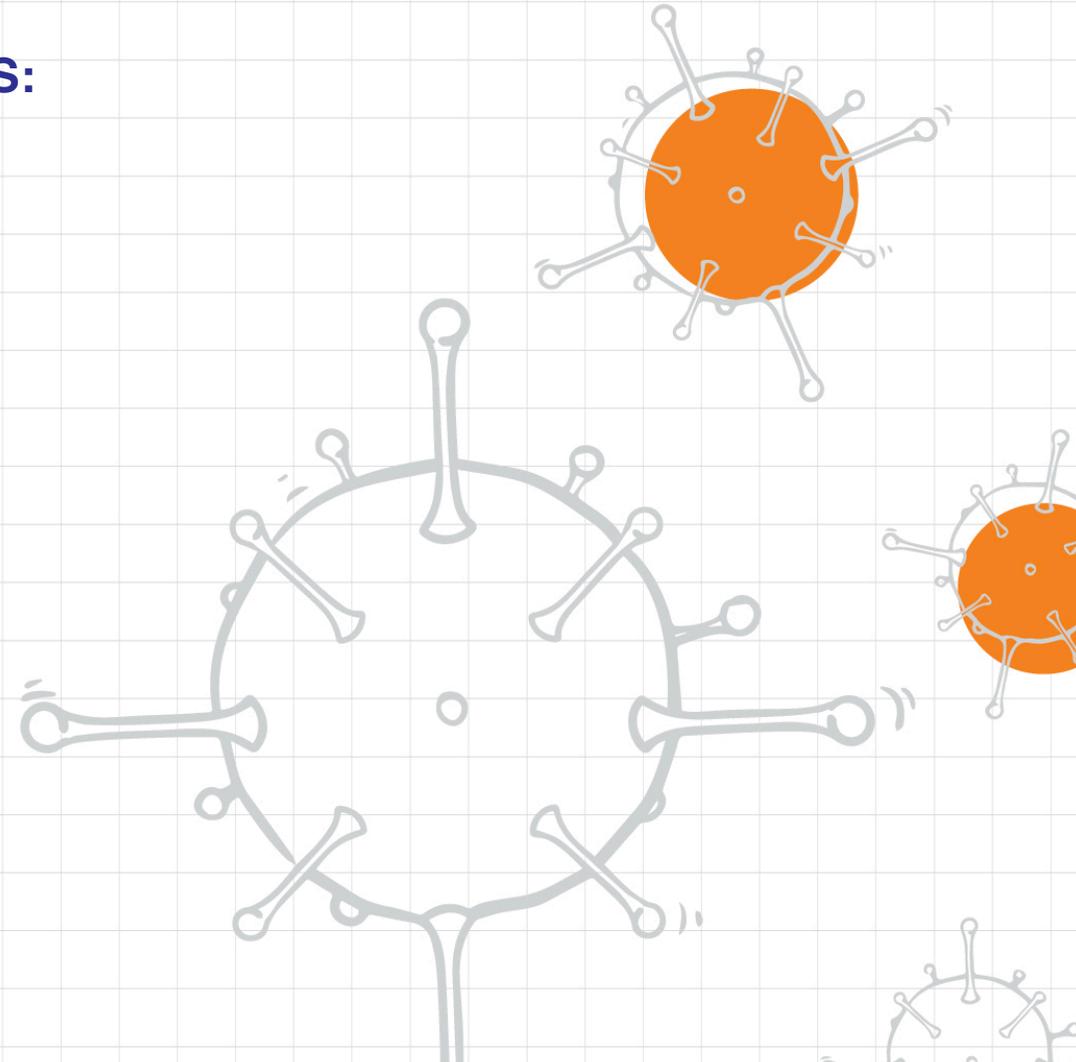
+255 786 492 180

+255 768 897 626

+255 687 506 007

FOR THE LATEST HEALTH ADVICE, GO TO:

www.who.int/COVID-19



5. SMS Actions & Precautions



STEPS TAKEN BY SMS

Travel, Isolation and Communication:

- The number of people on the bus will be reduced to 60% by adding additional bus trips and starting shifts at different times to improve social distancing.
- No SMS staff have arrived from outside of Tanzania in the past 6 weeks.
- Any staff arriving from outside Tanzania, will be placed in 14-day isolation.
- Hygiene measures have been put in place before entering the bus.
- Passenger body temperatures are checked for fever before entering the bus.
- Nose and mouth masks have been issued for travel, shopping and small gatherings.
- The daily toolbox meeting held, includes updates from the government, GGM and WHO.
- Notice boards are being updated with the latest developments.
- Signage on how to properly wash hands, proper hygiene and safety reminders for coronavirus have been made and put up inside the workshop.

5. SMS Actions & Precautions



PPE and Hygiene:

- Nose and mouth masks have been issued for travel, shopping and meetings.
- Sanitiser dispensers have been installed at the SMS facility.
- Soap and cleaning materials with disinfectant have been increased at our hand washing facilities, toilets, offices and in the bus.
- The bus is cleaned after each trip.
- The toilets, taps, basins and offices are sterilised daily.
- Mobile phone sanitising station.

5. SMS Actions & Precautions



Advice and information given to all staff:

- Please use clean cutlery while eating. Do not share food, drinks and personal items.
- Wash you hands before and after traveling, using the toilet, regularly throughout the day using soap or hand sanitiser.
- Don't touch your face before washing your hands.
- Keep desks and gadgets sanitised or wiped with disinfectants.
- During meetings, attendees should remain at least 1.5 meters away from each other and time must be limited.
- Convey the messages and information you receive to your family members and community.
- SMS is following and adhering to all instructions from the National Health Authority (ensuring our responses are aligned).

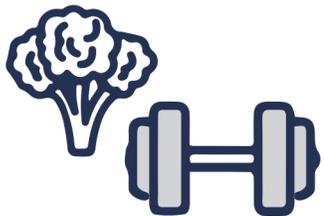
6. Coping with Stress during the Coronavirus outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.



Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.



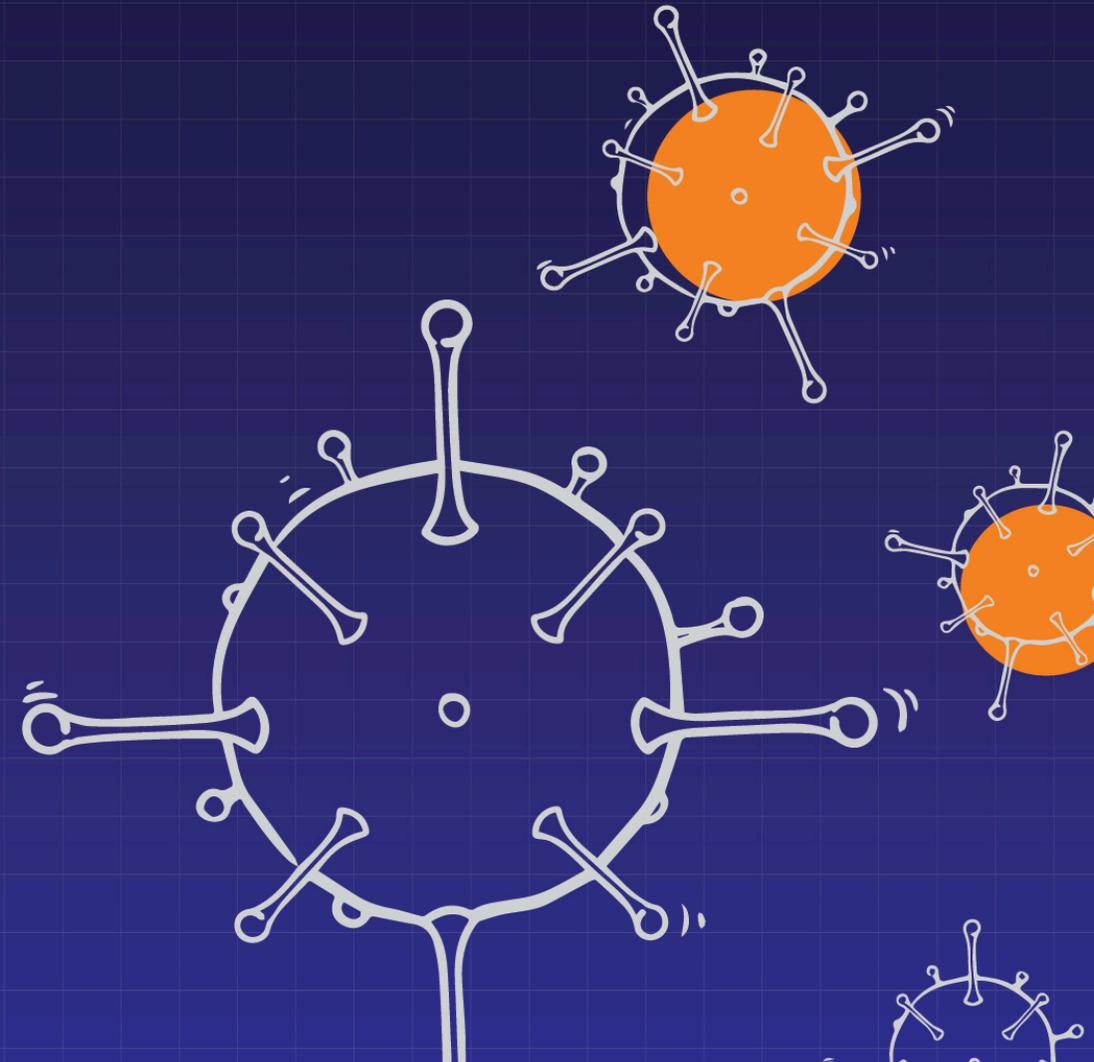
Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

Be **INFORMED** Be **PREPARED**

Be **SMART** Be **SAFE**



Communicate
Communicate
Communicate
#COVID-19



7. Emergency Contact Numbers

Tanzania National helpline:

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