

2020

Life Orientation

Grade 10

COVID – 19 HANDOUT



INTRODUCTION



WHAT IS COVID-19?

Human coronaviruses are common throughout the world. The name corona refers to a crown because these viruses have crown-like spikes on their surface when viewed under an electron microscope.

There are many different coronaviruses identified in animals but only a small number of these can cause disease in humans.

Some coronaviruses are common causes of illness, including respiratory illness, in humans throughout the world. Sometimes coronaviruses infecting animals can evolve to cause disease in humans and become a new (novel) coronavirus for humans.

The Severe Acute Respiratory Syndrome Coronavirus (SARS-CoV), was first recognized in China in 2002. On 7 January 2020, severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) was confirmed as the causative agent of coronavirus disease 2019 (COVID-19). The specific source of the virus is not yet known.



WHAT ARE THE SIGNS AND SYMPTOMS OF COVID-19?

Current symptoms reported for patients with COVID-19 have included mild to severe respiratory illness with any or all of the following: fever, cough, fatigue, shortness of breath, myalgia (muscle pain), arthralgia (sore joints), headache, chills or sore throat.

Gastrointestinal symptoms such as nausea and vomiting are less common. Anosmia (loss of sense of smell) and dysgeusia (alteration of the sense of taste) have also emerged as relatively common and early symptoms.

The severity of illness can range from people who are infected without any illness (asymptomatic infection) to mild respiratory illness, to severe illness requiring admission to hospital or death. The majority of patients (approximately 80%) will have mild respiratory illness.



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HOW IS COVID-19 TRANSMITTED?

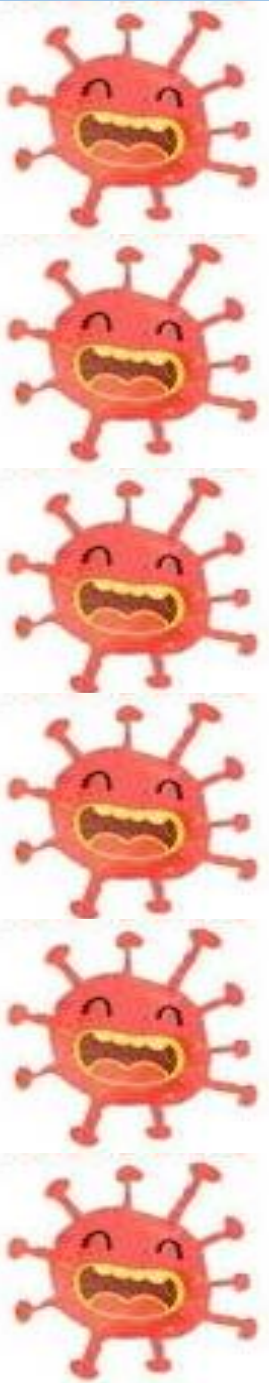
Transmission of the virus is via respiratory droplets, similar to how influenza and other respiratory pathogens spread.

When a person infected with COVID coughs or sneezes, they release droplets of infected fluid. Larger droplets fall on nearby surfaces for example tables, counters in shops, seats in cars/taxi etc.

If you touch these surfaces the virus may transfer to your hands, then to mouth, nose or eyes when you touch your face.

People may also be infected by breathing in droplets if standing with 1m of infected person.

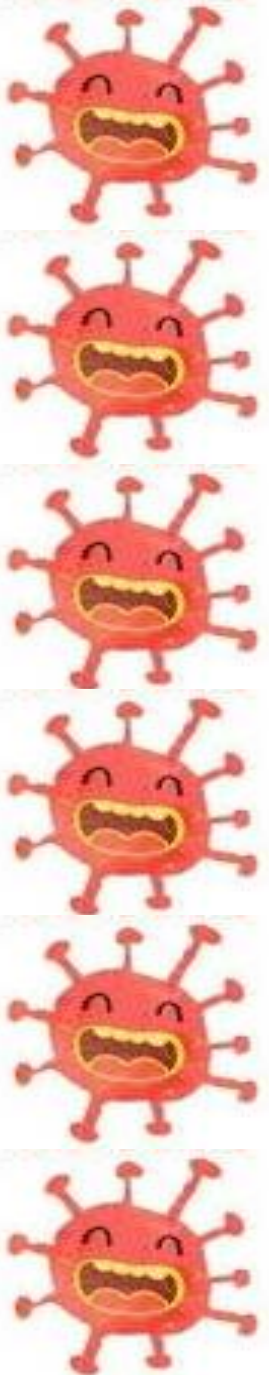
You cannot become infected through your skin



WHAT CAN I DO TO PREVENT INFECTION?

Currently there is no vaccine for COVID-19. There are no specific measures currently recommended to prevent COVID-19 but the following can provide protection against infection with coronaviruses and many other viruses that are more common in South Africa:

- Practice physical distancing, this means keeping a physical distance of at least 2 metres from all people you interact with, specifically when out in public. This keeps you safe from respiratory droplets.
- Practice social distancing, this means not interacting with people outside of your household unless necessary.
- The use of a cloth mask (not medical mask as these are need for health care workers) may help protect you and people around you. Please look at the recommendation for these masks.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer (at least 70% alcohol).
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue in the bin.
- Avoid close contact with people who are sick.
- Stay at home when you are sick and try and keep distance from others at home.
- Clean and disinfect frequently touched objects and surfaces.



Infection:



An infected person can spread the virus to a healthy person through:

- » the eye, nose and mouth or through droplets produced on coughing or sneezing.
- » close contact with an infected person.
- » contact with contaminated surfaces, objects or personal items.

Symptoms:



The general symptoms include:

- » Fever
- » Cough
- » Trouble/difficulty with breathing
- » Sore throat.

Prevention:



To prevent the spread of the virus:

- » Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if you cannot wash your hands with water.
- » Keep a safe social distance by avoiding crowded areas or gatherings of more than 10 people.
- » Avoid close contact with people who are not feeling well.
- » Avoid touching your mouth, eyes and nose.
- » Keep at least a metre distance between yourself and anyone who is coughing or sneezing.
- » Use tissue paper when coughing and sneezing, then throw it in a bin.
- » Avoid running your hands on frequently touched surfaces such as hand rails.
- » Regularly disinfect your frequently touched objects such as cellphone, cards, car keys and keyboards.
- » Consult your doctor if not feeling well and stay at home to recover fully.
- » Use the flexed elbow, foot bump or wave to greet instead of a handshake.
- » Wear a face mask, especially the cloth face mask, when in public.

Ignore Fake News and obtain official information from:

www.gov.za or
www.sacoronavirus.co.za

or

send the message
“Hi” to
0600 123 456 for
WhatsApp support

or

call the 24-hour
toll-free hotline:
0800 029 999



World Health
Organization

Reduce risk of **coronavirus** infection

1



Frequently clean hands by using alcohol-based hand rub or soap and water

2

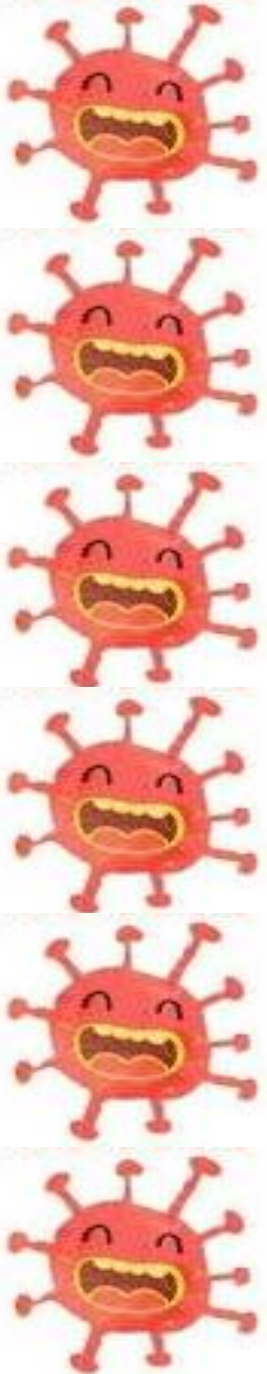


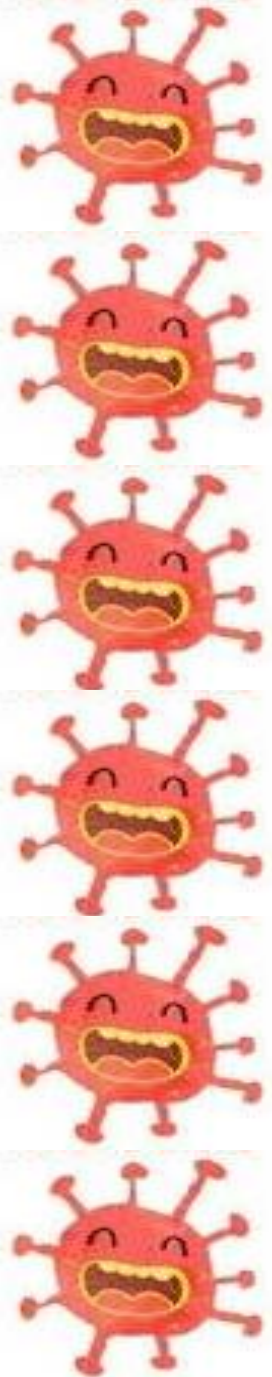
When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands

3



Avoid close contact with anyone that has fever and cough





To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?



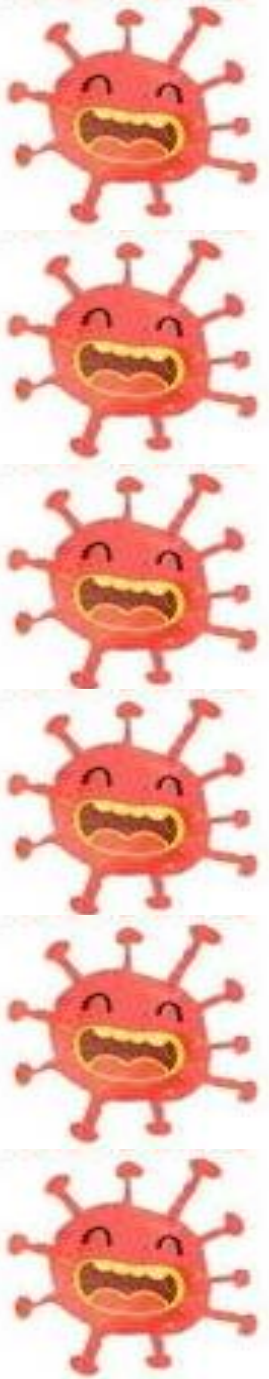
WHO IS AT MOST RISK FOR COVID-19?

As there is community transmission of SARS-CoV-2 in South Africa, all South Africans are at risk of infection with SARS-CoV-2 (illness called COVID-19).

There are areas of the country where local transmission of the virus may be occurring at higher rates than other areas.

People who have been in contact with a confirmed case of COVID-19 are at an increased risk of infection and disease. In addition, healthcare workers have an increased risk of acquiring infection in the workplace.

The elderly and individuals with co-morbidities, such as heart disease (including high blood pressure), chronic respiratory diseases, cancer patients, endocrine diseases (such as diabetes), have been found to be at a higher risk of severe illness and mortality associated with COVID-19.

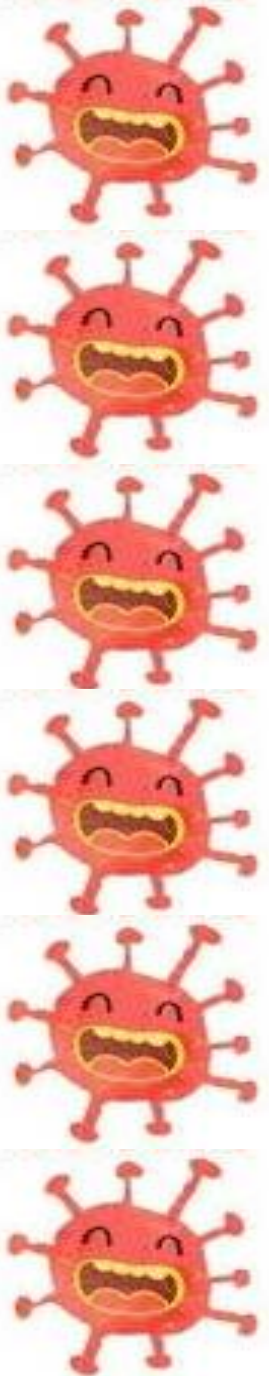


HOW IS COVID-19 TREATED?

Treatment is supportive (e.g. provide oxygen for patients with shortness of breath or treatment for fever).

There is no specific antiviral treatment available. Antibiotics do not treat viral infections. However, antibiotics may be required if a bacterial secondary infection develops.

There are some studies in progress using different medications that may have some effectiveness against the virus.



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WHAT MEASURES HAVE BEEN PUT IN PLACE IN SOUTH AFRICA TO MINIMISE THE RISK OF TRANSMISSION?

A countrywide lockdown started on 26 March for 21 days and extended to 35 days, the aim of this lockdown is to flatten the infection rate curve.

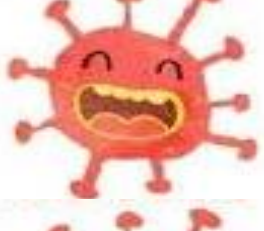
This means spreading infection rate over a longer period of time rather than a large number in a shorter period of time.

This is to give healthcare facilities a chance to treat people needing treatment.

Other strategies to minimise the impact of COVID-19 on South Africa includes actively testing as many people with symptoms as possible.

The Department of Health is also doing community based screening in certain areas where there are potentially large number of infected people.

Both these strategies help to identify and isolate infected people, protecting their families and the community.



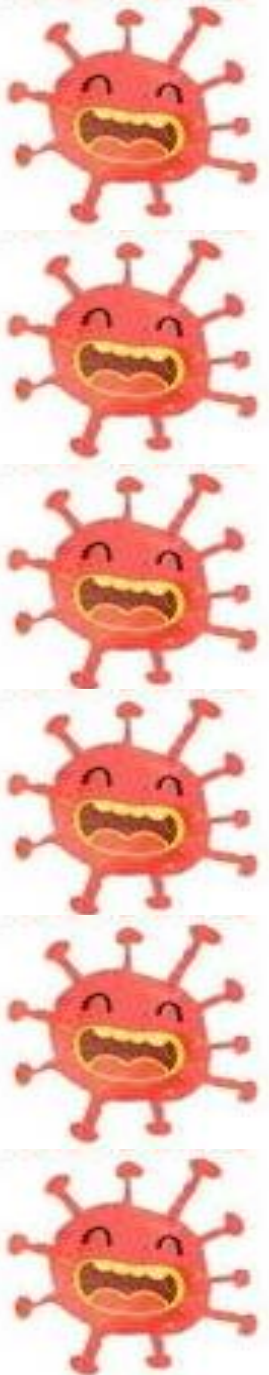


Socio-economic effects on communities

The COVID-19 pandemic has resulted in over 1.4 million confirmed cases and over 83,000 deaths, to date, globally. It has also sparked fears of an impending economic crisis. Social distancing, self-isolation and travel restrictions forced a decrease in the workforce across all economic sectors and may cause many jobs to be lost. Schools have closed down, and the need of commodities and manufactured products has decreased. In contrast, the need for medical supplies has significantly increased. The food sector has also seen a great demand due to panic-buying and stockpiling of food products.

The outbreak of COVID-19 has had a detrimental effect on global healthcare systems with a ripple effect on every aspect of human life as we know it. The World Health Organization (WHO) has declared the COVID-19 outbreak as a global emergency on 30th January 2020. In a response to 'flatten the curve', government has enforced border shutdowns, travel restrictions and quarantine sparking fears of an impending economic crisis and recession.

With fears of a recession and financial collapse, times like these call for resilient and strong leadership in healthcare, business, government and wider society. Relief measures need to be implemented for those in dire need.



Counselling and psychosocial support

People in self-isolation or quarantine may feel stressed, anxious or depressed and social distancing may leave many people feeling disconnected and lonely. This may become even more so during lockdown.

Appropriate mental health and psychosocial support interventions are needed to counter panic and foster the “social solidarity” President Ramaphosa called for when he declared a national state of disaster on 15 March.

Mental-health interventions strengthen emergency health responses and mitigates panic. Studies have shown that psychosocial wellbeing and physical health are interlinked, and that mental health interventions may encourage positive clinical outcomes in terms of physical recovery and wellness.

Particular focus should be paid to people affected with the virus itself, elderly people who are likely to be isolated at the moment, and health workers who are on the frontline of emergency medical responses.

The numbers below can be contacted for support:

CORONA VIRUS(COVID-19) 24-HOUR HOTLINE NUMBER:

0800 029 999

CORONA VIRUS(COVID-19) WhatsApp Number:

0600 12 3456

The impact of COVID 19 on learning and studying

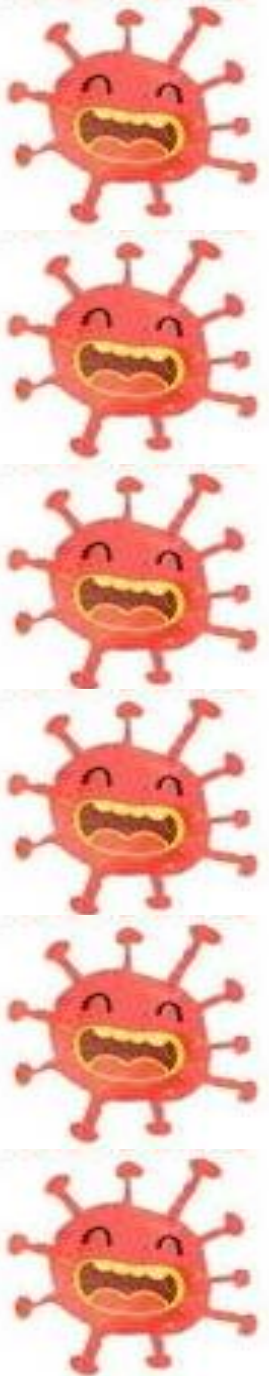
The COVID-19 pandemic is first and foremost a health crisis. Many countries have (rightly) decided to close schools (reducing contact and saving lives).

The severe short-term disruption is felt by many families around the world: home schooling is not only a massive shock to parents' productivity, but also to children's social life and learning.

Teaching is moving online, on an untested and unprecedented scale, with a lot of trial and error and uncertainty for everyone.

Below are some tips to help you stay on track.

- 1. Stay organized.**
- 2. Avoid multitasking.**
- 3. Make the most online (video) learning.**
- 4. Set a schedule.**
- 5. Find what works for you (know your learning style).**
- 6. Working with a group or project team.**
- 7. Stay connected and engaged.**



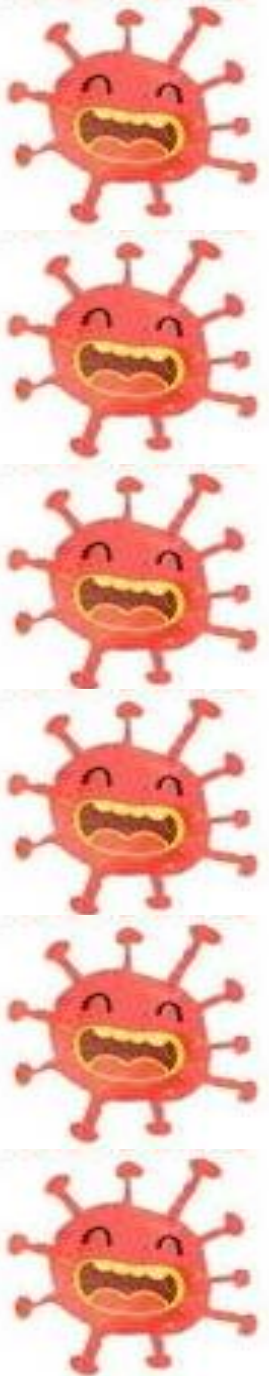
The Impact of COVID-19 in South Africa

The world is currently struggling to control a global public health pandemic—COVID-19—that is spreading very fast with diverse levels of fatalities in different regions of our country.

President Cyril Ramaphosa declared a national state of disaster and announced a number of measures to be undertaken to contain the spread of the virus. These measures are continuously being reviewed by the government with the aim of responding as effectively as possible to the fast-evolving pandemic.

Several governance structures were quickly put in place to manage the spread of this disease, including an Inter-ministerial committee on COVID-19, an Emergency Operations Center, and a National Command Council chaired by the president himself. The president, in collaboration with the National Command Council, declared a national lockdown commencing on March 26, 2020 to help curb the spread of the disease and minimize its impact on South African society. Hence, restricting the movement of people, practicing social distancing, and tracing all those who have been in contact with an infected person appear to be effective ways of controlling the spread of the disease.

Several coronavirus helplines have also been established for immediate response from the police, health service, rapid response to crime, fire service, and other service delivery needs of society. The COVID-19 epidemic has several diverse implications and impacts on South African society including in the social, economic, health, environmental, and technological realms.



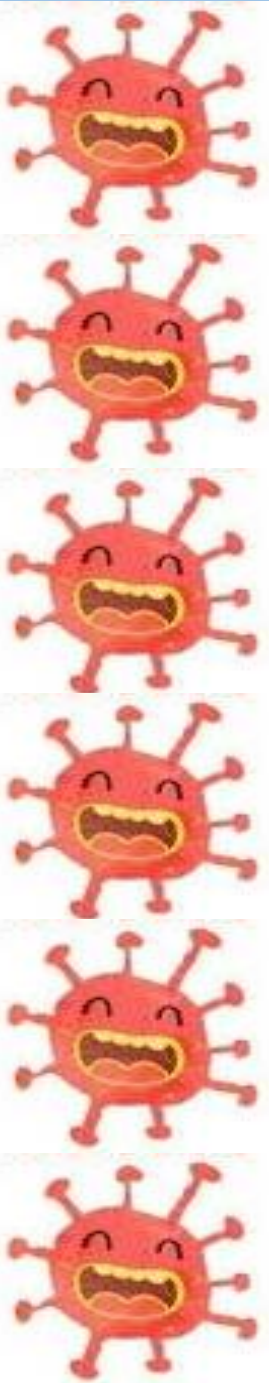
Social justice and link to COVID-19

As the lockdown progresses, the poor are the hardest hit. At the best of times, their ability to buy food is based on daily or weekly wages.

Over the past few weeks we have witnessed urgent calls for food relief for the poor, as well as incidents of food riots. Religious and other organizations play a critical role in the food relief initiatives so as to address the growing hunger crisis during the lockdown and beyond.

In discharging this ministry of charity, we cannot ignore the social justice issues behind the hunger crisis and the food riots, especially the inherent failures in the corporate driven food system.

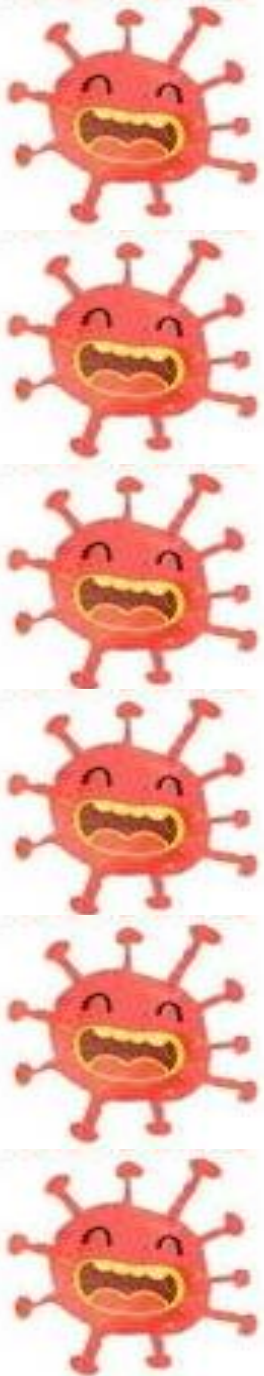
Food unaffordability among the poor is itself a symptom of the South African food system, which is corporate driven and deeply entrenched within the capitalist framework. As such, it carries the failings of unbridled capitalism, including the over-commodification of basic resources (like water, health care, food) that the poor need for survival.



Social responsibilities in dealing with the effects of COVID-19

Below are six crucial measures that Government can implement to support communities

1. Social distancing is absolutely essential to prevent the spread of the COVID 19
2. Make plans now for the expansion of personal protective equipment (PPE) and testing capacity
3. Invest in hospital capacity everywhere
4. Connect frontline healthcare workers with the technology, PPE, and protocols they need
5. Ensure uninterrupted supply of essential medicines
6. Ensure early and equitable access to vaccines and medications





Effects of COVID-19 on Families

The novel coronavirus (COVID-19) pandemic has impacted everyone, some more drastically than others. For a number of families, it could mean making big changes in everyday routines due to financial hardships.

For other families, it could mean raised anxiety in children, tension in parenting relationships or general fear.

Finding the “new normal” can be challenging as schools and daycares are closed with an end to this phase still unknown.

- Parents/Guardians should explain the effects of COVID-19 to their children
- Explain the importance of social distancing especially to teenagers
- Model appropriate behaviour
- Be open and honest if the family is forced into financial hardship due to COVID-19
- Seek professional help where necessary



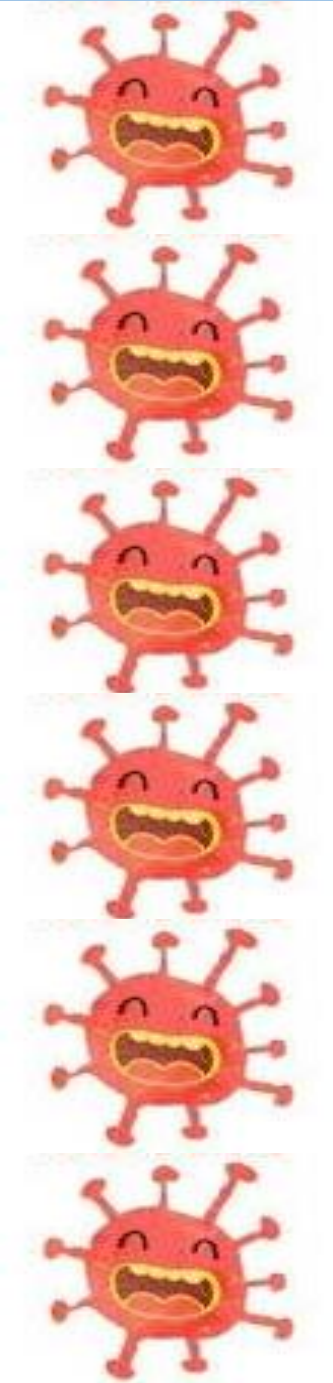
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Management and the preparation of the workplace to minimize the spread of COVID-19 to employees/employers

What the workplace could initiate:

- Update risk assessment and take appropriate measures
 - Minimising exposure to COVID-19 at work
 - Resuming work after a period of closure
 - Coping with a high rate of absence
 - Managing workers working from home
- Involve workers in decision making
- Take care of workers who have been ill
- Plan and learn for the future
- Stay well informed

Let us embrace our 'new reality' as we move forward to overcome the effects of COVID-19

