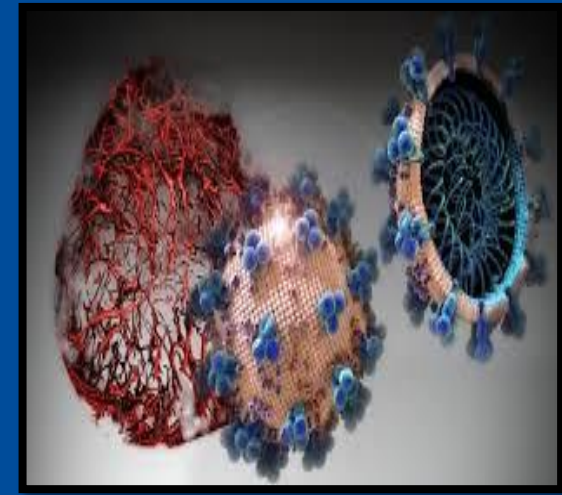


LIFE ORIENTATION –COVID-19

Topics : Social and Environmental Responsibility



Grade 11

Term 2 Week 4

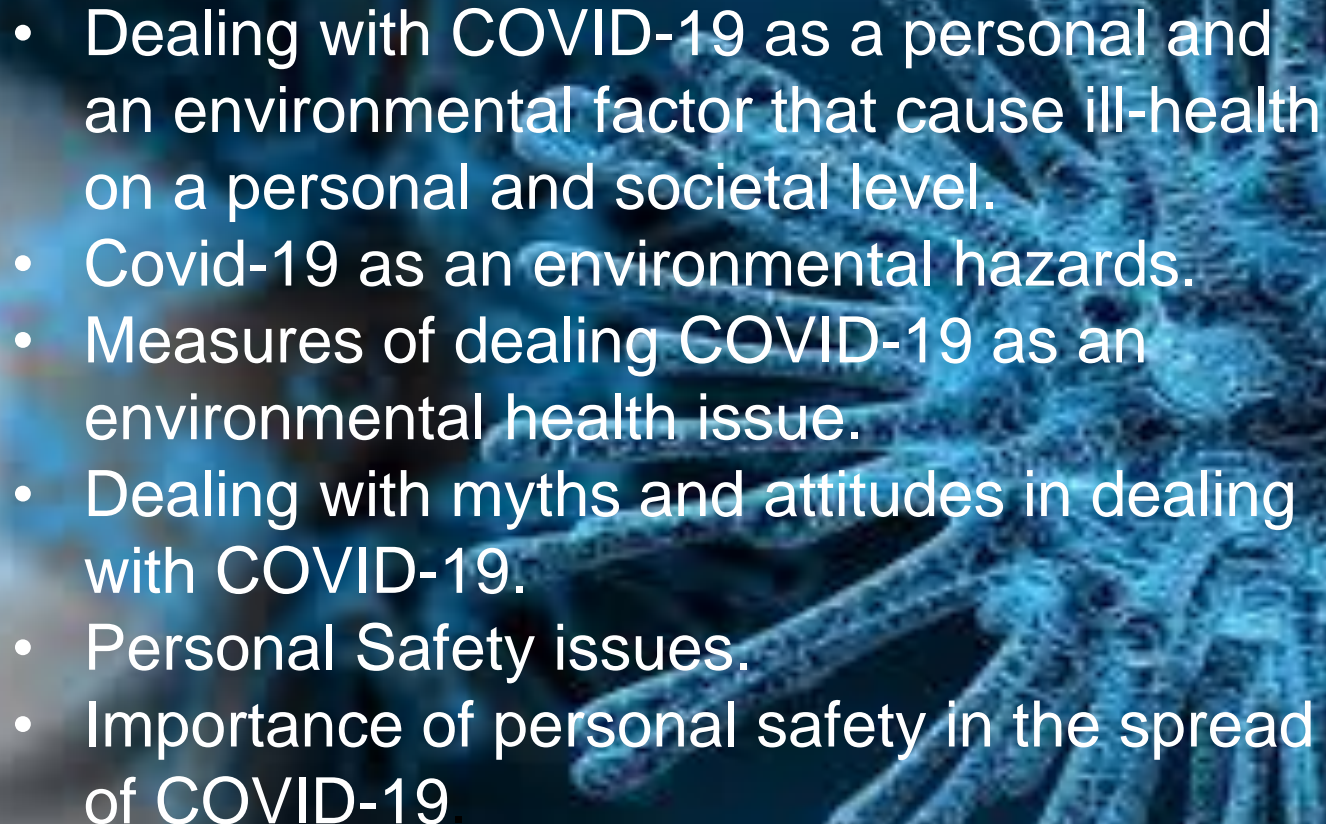
Compiler : MJ Bernard-Phera (H/O)



GAUTENG
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

Kuyasheshwa - "Gauteng working better"

Overview of Topic

- 
- Dealing with COVID-19 as a personal and an environmental factor that cause ill-health on a personal and societal level.
 - Covid-19 as an environmental hazards.
 - Measures of dealing COVID-19 as an environmental health issue.
 - Dealing with myths and attitudes in dealing with COVID-19.
 - Personal Safety issues.
 - Importance of personal safety in the spread of COVID-19

Food for thought!

"In response to the COVID-19 outbreak, community and individual resiliency can be actively promoted by philanthropy and others in the social sector."

—Lauren Smith, MD, MPH



Introduction

- The COVID 19 is a pandemic having an epidemic nature influencing the human health and economy in a global level. .
- The novel Corona Virus Disease 2019 or COVID 19 is a respiratory illness that can spread from person to person causing flu like symptoms and in severe cases death.
- It was found to be originated from Wuhan, Hubei, China, in December 2019, and was recognized as a pandemic by the World Health Organization, spreading throughout the world and infecting and killing hundreds of thousands of people.
- Since there is no vaccine or specific antiviral treatment for COVID-19 there are a number of suggested strategies in the control like social distancing and personal hygiene practices.
- Even then, the pandemic has led to severe global socioeconomic disruption, and discrimination to foreigners.

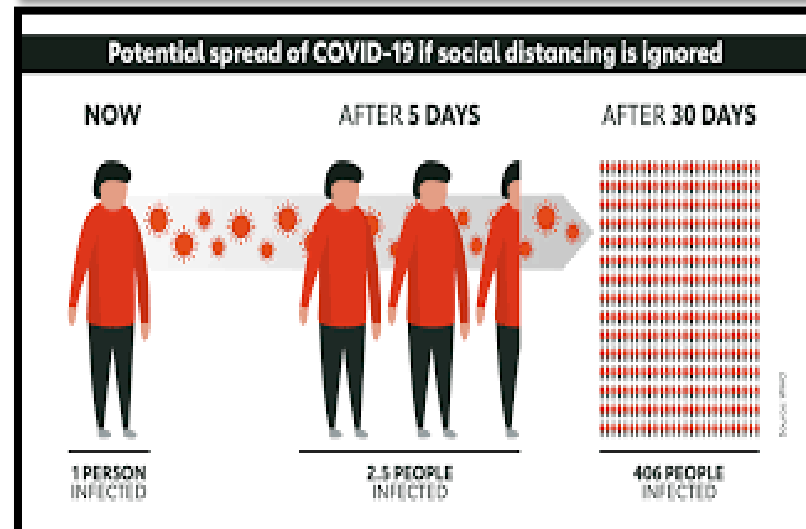
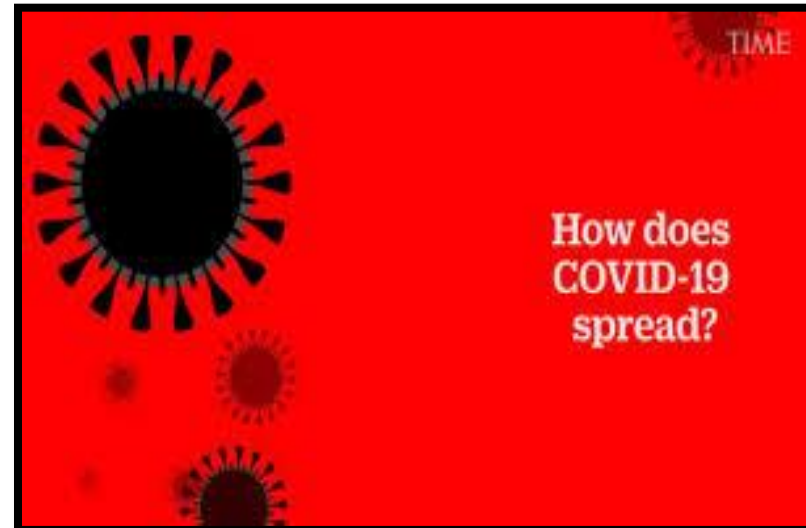
Social and environmental factors causing ill-health

- There are many factors that can contribute to the increased mortality rates of COVID 19.
- There are several theories suggesting the impact of environmental factors like, temperature and humidity along with international travel and lack of proper social consciousness for isolation as causes of the global spread of COVID 19;
- But still there are no reliable predictions based on mathematical modelling considering the potential factors on the spread of this pandemic



Dealing with COVID-19 as a personal factor that cause ill-health

- The current pandemic can be spread from person to person, with direct or indirect contact.
- According to current evidence, COVID-19 virus is primarily transmitted between people through respiratory droplets and contact routes.
- “While it may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or possibly their eyes, this is not thought to be the main way the virus spreads.”



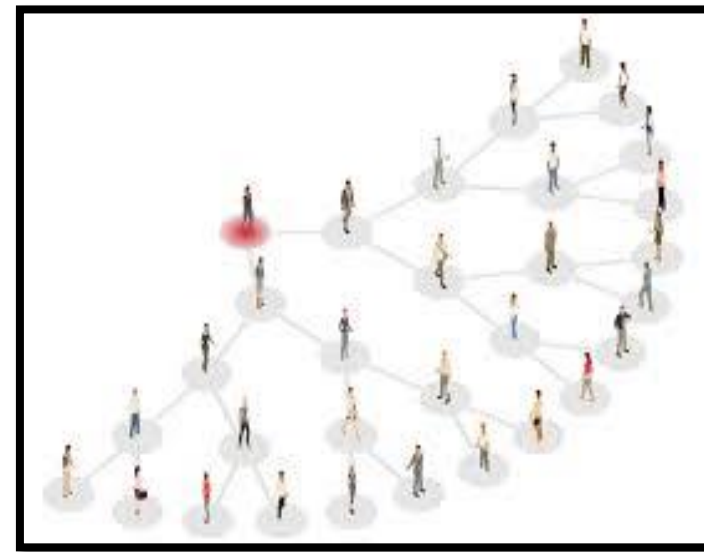
Spread of the Coronavirus

- The coronavirus that causes COVID-19 mainly spreads from person to person.
- When someone who is infected coughs or sneezes, they send droplets containing the virus into the air.
- A healthy person can then breathe in those droplets.
- You may also catch the virus if you touch a surface or object that has the virus on it and then touch your mouth, nose, or eyes.

The average number of people that one person with COVID-19 infects: 2–2.5

Infected person

Average people infected



How COVID-19 is spread by humans

- **Droplets.** When an infected person coughs, sneezes, or talks, droplets with the virus fly into the air from their nose or mouth. Anyone who is within 6 feet of that person can breathe those droplets into their lungs.
- **Aerosolized transmission.** Research shows that the virus can live in the air for up to 3 hours. When you breathe air that has the virus floating in it, it gets into your lungs.
- **Surface transmission.** Another way to catch the new coronavirus is when you touch surfaces that someone who has the virus has coughed or sneezed on. You may touch a countertop or doorknob that's contaminated and then touch your nose, mouth, or eyes. The virus can live on surfaces like plastic and stainless steel for 2 to 3 days. To stop it, clean and disinfect all counters, knobs, and other surfaces you and your family touch several times a day.

Despite the spread of the virus people still...



Go to malls



Socialize closely



Smoke



Drink alcohol

- The WHO guidelines restricting travel from affected areas are supposed to be strictly followed to reduce number of direct contacts and the general risk of transmission of this acute respiratory infection.
- In addition to this, behavioural differences like restricted stay in indoors during winter can also have an effect on Corona viral spread.



Spread of the Coronavirus



Dealing with COVID-19



Dealing with COVID-19 as an environmental factor that cause ill-health

- The environment in which people live can be risk factor for the spread of the Coronavirus.
- In cities, people live in close proximity to each other.
- Poverty-stricken family live in shacks and may easily spread the virus to each other.



Can the coronavirus survive on surfaces?

- It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems likely to behave like other coronaviruses.
- A recent review of the survival of human coronaviruses on surfaces found large variability, ranging from 2 hours to 9 days (11).
- The survival time depends on a number of factors, including the type of surface, temperature, relative humidity and specific strain of the virus.

Get tested, get treatment, self-isolate or get hospitalised



Covid-19 as an environmental hazards.

- The coronavirus can live for hours to days on surfaces like countertops and doorknobs. How long it survives depends on the material the surface is made from.
- Here's a guide to how long coronaviruses -- the family of viruses that includes the one that causes COVID-19 -- can live on some of the surfaces you probably touch every day.
- Keep in mind that researchers still have a lot to learn about the new coronavirus. But you're probably more likely to catch it from being around someone who has it than from touching a contaminated surface.

Different Kinds of Surfaces	Hours/Days on surfaces
Metal Examples: doorknobs, jewelry, silverware	4 days
Plastics Examples: milk containers and detergent bottles, subway and bus seats, backpacks, elevator buttons	2 to 3 days
Stainless steel Examples: refrigerators, pots and pans, sinks, some water bottles	2 to 3 days
Cardboard Examples: shipping boxes	24 hours
Copper Examples: pennies, teakettles, cookware	4 hours
Wood Examples: furniture, decking	4 days

Different Kinds of Surfaces	Hours/Days on surfaces
<p>Aluminum Examples: soda cans, tinfoil, water bottles</p>	2-8 hours
<p>Glass Examples: drinking glasses, measuring cups, mirrors, windows</p>	Up to 5 days
<p>Ceramics Examples: dishes, pottery, mugs 5 days</p>	5 days
<p>Paper Examples: mail, newspaper The length of time varies. Some strains of coronavirus live for only a few minutes on paper, while others live for up to 5 days.</p>	5 days
<p>Food Examples: takeout, produce Coronavirus doesn't seem to spread through food.</p>	4 days

Different Kinds of Surfaces

Water

Coronavirus hasn't been found in drinking water. If it does get into the water supply, your local water treatment plant filters and disinfects the water, which should kill any germs.

Fabrics

Examples: clothes, linens

There's not much research about how long the virus lives on fabric, but it's probably not as long as on hard surfaces.

Shoes

One study tested the shoe soles of medical staff in a Chinese hospital intensive care unit (ICU) and found that half were positive for nucleic acids from the virus. But it's not clear whether these pieces of the virus cause infection. The hospital's general ward, which had people with milder cases, was less contaminated than the ICU.

Skin and hair

There's no research yet on exactly how long the virus can live on your skin or hair. Rhinoviruses, which cause colds, survive for hours. That's why it's important to wash or disinfect your hands, which are most likely to come into contact with contaminated surfaces.

Measures of dealing COVID-19 as an environmental health issue.

What You Can Do

- To reduce your chance of catching or spreading the new coronavirus, clean and disinfect common surfaces and objects in your home and office every day.
- Use a household cleaning spray or wipe. If the surfaces are dirty, clean them first with soap and water and then disinfect them.
- You can also make a bleach solution that will be good for up to 24 hours. Mix 5 tablespoons (one-third cup) of household bleach per gallon of water, or 4 teaspoons per quart of water. Never mix bleach with ammonia or another cleanser. Leave cleaners or bleach solutions on surfaces for at least 1 minute.
- Keep surfaces clean, even if everyone in your house is healthy. People who are infected may not show symptoms, but they can still shed the virus.
- Wash your hands with soap and warm water for at least 20 seconds after you visit the drugstore or supermarket or bring in takeout food or a delivered newspaper.

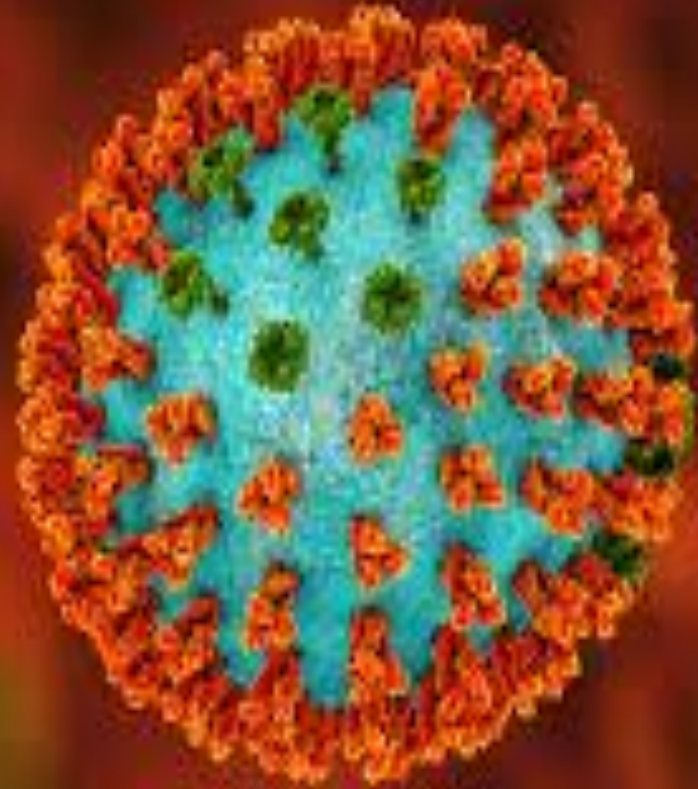
Measures of dealing COVID-19 as an environmental health issue.

- It's a good idea to wash fruits and vegetables under running water before you eat them. Scrub them with a brush or your hands to remove any germs that might be on the surface. If you have a weakened immune system, you might want to buy frozen or canned produce.
- There's no evidence that anyone has gotten the virus from food packaging. But if you want, you can wipe down take-out containers or grocery items and let them air dry.
- Wash or disinfect reusable grocery bags after each use. Wash used fabrics often, using the warmest water that the manufacturer recommends. Dry them completely. Wear disposable gloves when handling an ill person's laundry. Throw them away when you're done, and wash your hands.
- The virus probably won't survive the time it takes for mail or other shipped items to be delivered. The highest risk comes from the person delivering them. Limit your contact with delivery people as much as you can. You might also leave packages outside for a few hours or spray them with a disinfectant before bringing them in. Wash your hands after you handle mail or a package.
- If you want, you can disinfect the soles of your shoes and avoid wearing them indoors.

Dealing with myths and attitudes in dealing with COVID-19.

MYTHS

- Coronavirus is an invention from the East...
- No its from the West
- Its related to 5G technology
- No, it does not exist
- It signals the end times
- It's a capitalist invention



Dealing with COVID-19 as a personal factor that cause ill-health on a personal and societal level

- Limit yourself to reading information only from official sources like the [World Health Organisation \(WHO\)](#)
- Try to **avoid excessive exposure** to media coverage.
- Self-care in the wake of the coronavirus outbreak includes **focusing on things you can control**
- **Maintain your daily routine** and normal activities: eating healthy meals, getting enough sleep
- **Prioritise your wellbeing and positive mental health**
- **Keeping in touch** with your friends and family may ease the stress caused by COVID-19.

Dealing with myths and attitudes in dealing with COVID-19

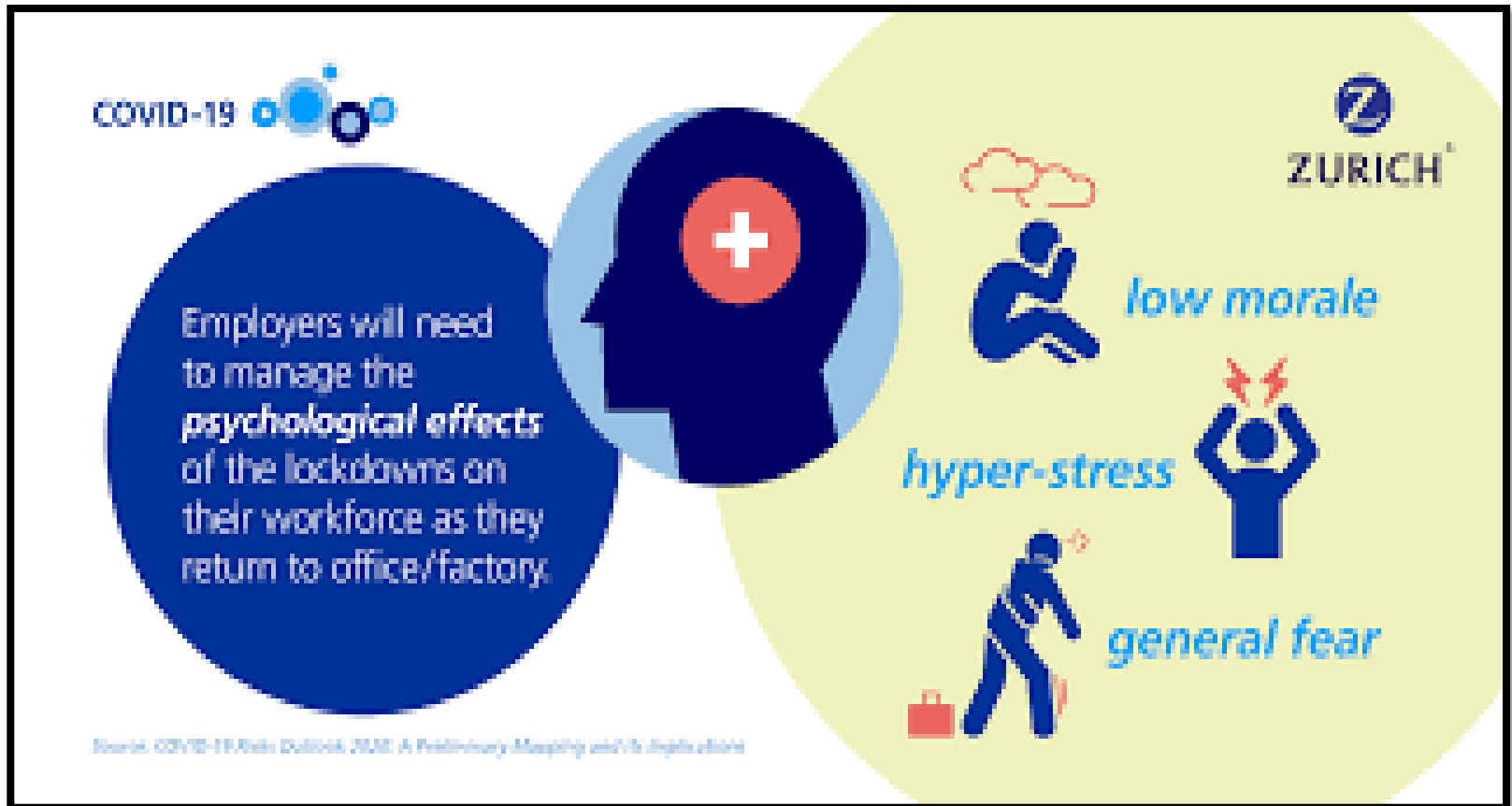


The coronavirus is real and its here! Know your facts!



Dealing with myths and attitudes in dealing with COVID-19.

COVID-19 has led to:



COVID-19

Employers will need to manage the **psychological effects** of the lockdowns on their workforce as they return to office/factory.

ZURICH

low morale

hyper-stress

general fear

Source: COVID-19 Risk Outlook 2020: A Preliminary Mapping and Its Implications

The infographic features a central blue silhouette of a human head with a white cross on the forehead. To the left, a blue circle contains text about managing psychological effects. To the right, a light green circle contains three icons: a person sitting with a thought bubble (low morale), a person with lightning bolts above their head (hyper-stress), and a person running with a briefcase (general fear). The Zurich logo is in the top right corner. A source note is at the bottom left.

Personal safety - Guidelines to prevent COVID-19



UNI commerce
global union

GUIDELINES ON PROTECTIVE MEASURES FOR WORKERS IN THE FOOD AND GROCERY SECTORS

1 Ensure Social Distancing



Prevention

Wash
your hands well and often to avoid contamination

Cover
your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



AVOID ALCOHOL 1/5
It weakens the immune system!

Drinking alcohol will not protect you against COVID-19

Join the WhatsApp support for South Africans
Say "Hi" to 0600 123 456
or go to www.sacoronavirus.co.za
Hotline: 0800 029 999 #COVID-19

REPUBLIC OF SOUTH AFRICA **NDP**



HOW TO PROTECT YOURSELF AND OTHERS

• **Wash your hands often** with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing.

- If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.

• **Avoid close contact** with people who are sick. Some people without symptoms may be able to spread the virus.

- Stay home as much as possible and avoid non-essential travel.
- Practice social distancing by keeping at least 6 feet — about two arm lengths — away from others if you must go out in public.
- Stay connected with loved ones through video and phone calls, texts and social media.

- **Cover your mouth and nose with a cloth face cover** when around others and when you must go out in public, such as to a grocery store. The cloth face cover is meant to protect other people in case you are infected.
 - However, do NOT place cloth face coverings on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
 - In addition, do NOT use a facemask meant for a health care worker.
 - Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.
- **Cover your coughs and sneezes.** Use a tissue to cover your nose and mouth, and throw used tissues in a lined trash can. If a tissue isn't available, cough or sneeze into your elbow — not your hands. Wash your hands immediately.

Importance of personal safety in the spread of COVID-19.



Safety isn't expensive, it's priceless.

AUTHOR UNKNOWN

By protecting yourself from COVID-19...
You are protecting your family...
Your friends... your community...
your country...the world...
You are protecting HUMANITY!

Assessment

- 1. Who is most at risk of COVID-19?**
- 2. List 5 myths that you know about COVID-19. Provide the correct information to bust the myth.**
- 3. List Five preventative measures of COVID-19.**
- 4. What is COVID-19 and how does it spread?**
- 5. How can the spread of COVID-19 be slowed down**
- 6. Discuss how communities can deal with myths and attitudes in handling COVID-19.**
- 7. Can the Coronavirus survive on surfaces? Discuss critically.**
- 8. The Coronavirus is made worse by the living conditions of many South Africans. Critically discuss this statement and provide examples to support your arguments.**
- 9. The spread of the Coronavirus is fueled by our attitudes. Evaluate how our attitudes and behaviours contribute to the increasing statistics of infected people.**