

COVID-19

PREVENT AND PROTECT

How to take care of yourself
and your family at home
as we move towards the peak

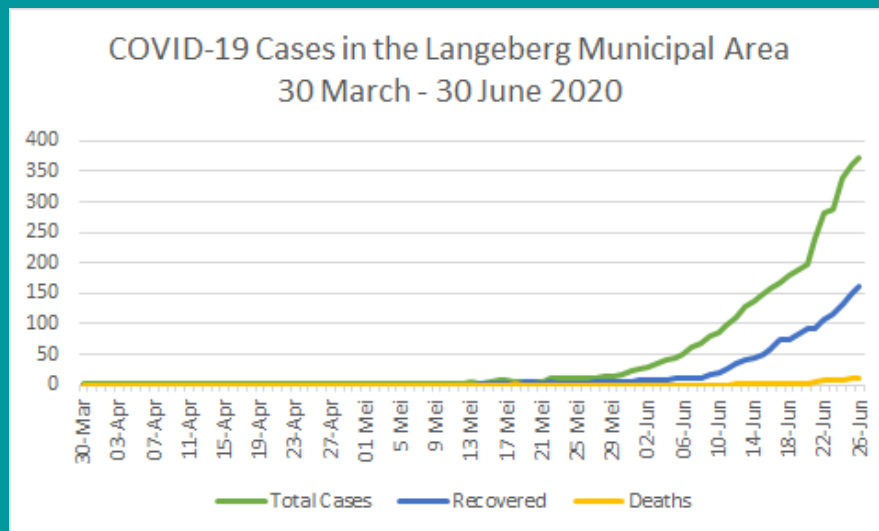


COVID-19 does not discriminate against age, where you live or where you work. Anyone can get infected.

The Langeberg Municipal area has shown a dramatic increase in COVID-19 cases moving towards a peak. Towns like Robertson, Nkqubela and Zolani (Ashton) has become hotspots as the virus spreads between people, and impact individuals, households and our communities.

Unless we do something drastic and fast, we will have to prepare for the tragic unknown and as a responsible municipality, we can't underestimate the urgency or ignore the severity of this global pandemic.

This booklet will provide you with the necessary information to keep yourself and your family safe. While we must all continue to abide by the regulations that have been published by government and take the virus seriously.



CORONA VIRUS DISEASE 2019 (COVID-19)

- COVID-19 is similar to flu, causing cough, fever, sore throat, fatigue and aching muscles.
- If severe, it causes pneumonia with difficulty breathing.
- Most people have mild illness and recover without treatment
- Those over 60 years or with a chronic condition like HIV, TB, Diabetes, Hypertension, Cancer, heart or lung disease are more at risk of severe COVID-19

COVID-19 SPREADS EASILY

- When a person with COVID-19 coughs, sneezes or talks they leave the virus on surfaces and in the air.
- You can catch coronavirus if:
 - you touch these surfaces and then touch your face, eyes, nose or mouth or
 - you have close contact (1,5 metres) with a person who has coronavirus.

PROTECT YOURSELF AND THOSE AROUND YOU

- Wash your hands often for at least 20 seconds.
- Do not touch your face with unwashed hands.
- Cough or sneeze into your elbow or a tissue. Safely throw away the tissue in a closed bin.
- Keep at least 1.5 metres apart from others.
- Stay Home if unwell. Contact a hotline or your health worker.
- Get enough fresh air, eat healthy, exercise regularly and get enough sleep.



How to wash your hands

- Use these steps to wash your hands for at least 20 seconds.
- Roll up your sleeves, rinse hands in clean water and apply soap to palm of hand.

20
seconds



1
Rub palms together.



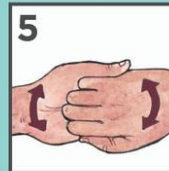
2
Rub tips of nails against palm.
Swap hands.



3
Rub fingers between each other.



4
Place one hand over back of other, rub between fingers.
Swap hands.



5
Grip fingers and rub together.



6
Rub each thumb with opposite palm.
Swap hands.

- Rinse your hands with clean water and dry on paper towel or allow to dry on their own.
- If you have hand sanitiser use it if your hands are not dirty and only if you have no soap and water.

If you don't have running water in your home, make a hand washing container

1

Make a hole in the lid of an empty plastic bottle.

2

Fill the bottle with water.

3

Screw on the lid.

4

Wet hands with a little bit of water.

5

Wash your hands following the steps above.

6

Rinse your hands and the bottle.



Don't touch your face with unwashed hands.

PROTECT YOURSELF AND THOSE AROUND YOU

How do we keep apart from each other?

Stay home.



Only go shopping if you have to for food or medications.



Avoid public spaces and public transport if possible.

Keep at least 1,5 metres apart from people.



Do not shake hands, hug or kiss anyone outside those in your home.



Cancel your social plans: no parties, sports events, meetings or group religious activities.

Use a cloth mask safely:



- Wash your hands before and after using your mask.
- Ensure your mask covers your mouth and nose.
- Touch only the straps when you remove it.
- Replace your mask if wet. Put it into a container until you can wash it.



Do not touch your face or fiddle with your mask.

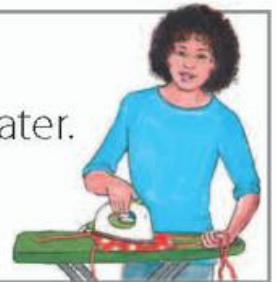
Do not share masks. If you do not have one, use a scarf or bandana instead.



Do not leave used masks lying around; they may have coronavirus on them.



Wash masks with soap and hot water. Dry and iron it to disinfect it.



Have at least 2 masks so that you have a clean one ready.

PROTECT YOUR HOME

- Avoid having visitors in your home.
- Wash crockery and utensils well in hot soapy water.
- Disinfect high touch surfaces like tables, chairs, doorknobs, light switches, remote controls, toilets and taps.
- When you or others return from public places, have a wash and change clothes before interacting with others.
- Wipe all items entering the house with a disinfectant.
- If someone in the house has COVID-19 or had contact with COVID-19, try to live separately until the isolation time is over.

How to clean and disinfect surfaces

- Wear gloves when cleaning and disinfecting. If gloves are not disposable, reuse them only for cleaning and disinfecting.
- If surfaces are dirty, first clean these surfaces with a detergent or soap and water.
- To disinfect, mix 6 teaspoons of bleach with 1 litre (4 cups) of water.
- Apply to the surface, leave it for 2 minutes, then wipe off with water.



Bleach is poisonous

- Do not mix bleach with other cleaning products.
- Do not drink bleach.
- Keep bleach away from children.
- Open windows and doors while using bleach to let fumes out.



If someone at home has coronavirus, try prevent its spread:



- Clean and disinfect high touch surfaces daily in the house (tables, chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks).
- Put used cloths or paper towels or disposable gloves immediately in a plastic bag to prevent coronavirus from spreading.
- Don't touch your face while cleaning.



SHOW SUPPORT AND DO NOT CREATE STIGMA

Anyone can contract
#coronavirus
regardless of race, gender, age
or other personal qualities.

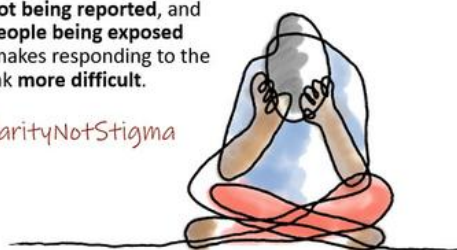
#SolidarityNotStigma fights
the spread of **#COVID19**.



Evidence shows that
stigma due to
#coronavirus leads to:

- Reduction in people seeking medical care or testing
- Reduction in people adhering to interventions (including self-isolation)
This can lead to **cases not being reported**, and more **people being exposed** which makes responding to the outbreak **more difficult**.

#SolidarityNotStigma



I HAD CONTACT WITH COVID-19

- Coronavirus spreads easily. If you had close contact (face-to-face, 1 metre or less apart) or live with someone with COVID-19, then you may have caught it.
- It can take up to 14 days before you become ill with COVID-19.
- If you have coronavirus, you may pass it on to others even before becoming ill or showing symptoms.

COVID-19 ASSESSMENT GUIDELINES

Do you have these symptoms?

- Fever
- Cough
- Colds
- Headache
- Diarrhea
- Shortness of breath
- Sore throat
- Joint and Muscle Pain

Have you had Exposure?

- Exposure to a confirmed COVID-19 patient
- Traveled to, reside, or work in local areas with reported COVID-19 cases
- Exposure to a Person Under Investigation (PUI) for COVID-19
- Travelled to other countries in the past 14 days

With Exposure + With Symptoms:

- If young (<60 years old), with no other illnesses and mild symptoms: Conduct home quarantine.
- If elderly (>60 years old), with other illnesses and/or severe symptoms: Stay at home and contact your health worker or phone the hotline.

With Exposure + No Symptoms:

- Conduct home quarantine for 14 days and monitor symptoms.
- Should symptoms start to develop, contact your health worker or phone the hotline.
- Even if you feel well, you can still spread coronavirus to others.

No Exposure + With Symptoms:

- Manage symptoms accordingly. Contact your health worker or phone the hotline.

RECOGNIZE WHEN TO SEEK HEALTH CARE

- Visit a health facility urgently if you have difficulty breathing, confusion, chest pain that won't go away or you cannot wake up. Call ahead and avoid public transport. If needed, use an ambulance.
- Even if you feel well, you can still spread coronavirus to others.

Prevent spread to others

Stay at home. Separate yourself from others in another room. If you cannot stay in a separate room, you may need to stay in a facility to check on your health and prevent spreading coronavirus to others.

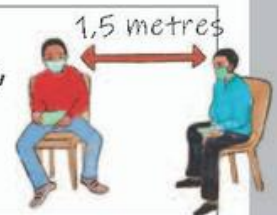


If you can be separate at home make sure you all follow these rules:



Follow the 5 Golden Rules of Good Hygiene.

If you make contact with others, wear masks and open doors and windows.



Clean high touch surfaces.



Use separate dishes, towels and bedding. Wash well. Iron fabric when dry.



CARING AT HOME: ISOLATION & QUARANTINE

- Please don't panic. Most people with COVID-19 have mild-moderate symptoms and can be safely treated at home. People with severe symptoms or who can't safely isolate at home will be referred to a facility.
- Home care is only recommended if you:
 - Have mild-moderate symptoms
 - Have a separate room
 - Have someone to care for you
 - Can easily stay in touch with your healthcare provider
- This information applies to:
 - A person with confirmed COVID-19,
 - A person awaiting test results,
 - A person who has been identified as a close contact with someone with COVID-19.
- Move these people to separate rooms or sections of a home. They should have no contact with others in the home.
- Homes with more than one person needing to be separated need to house people separately. If this is not possible contact your healthcare provider or Provincial Hotline.
- If the results are negative they can move around freely.
- If the results are positive the person needs to be separated from the rest of the household for 14 days. This also applies to contacts.
 - **Do not leave the home. Arrange with friends and your community to drop groceries, meals and medicines at the door. If not possible, then a healthy caregiver may leave the home for essential trips only, using the 5 Golden Rules of Good Hygiene and a mask.**

Isolation is when a person with confirmed COVID-19 is separated from others.

Quarantine is when a person who does not have COVID-19 but has been in close contact with someone who has it is separated from others; or who is awaiting test results.

TEMPORARY COVID-19 CARE AWAY FROM HOME

Most people with COVID-19 will have mild-moderate symptoms and can be safely treated outside of hospital. The reason you have been asked to stay at a facility is because you don't have a separate room at home or it's not safe for you to do so. The Western Cape Government and municipalities are providing comfortable facilities where you can be separated from your families until it is safe for you to return.

- Isolation facilities for mild-moderate symptoms where you can recover from COVID-19 (usually 14 days)
- Hospitals - for severe symptoms
- Transitional facilities when results are awaited (usually 1-2 days)
- Longer term quarantine facilities for people who have been close contacts (usually 7-14 days)

It's important that all people affected by COVID-19 are separated to limit spread of the virus. People with confirmed COVID-19 will be in separate facilities. People awaiting tests and contacts may be at the same facility but will be separated.

Separation from your families is a difficult experience, but necessary to prevent spreading the virus to your loved ones and community. Your health worker and social services will advise you on the benefits of being cared for away from home.

Support those with COVID-19 to seek health care and cope with everyday life while unwell or in isolation

A LOVED ONE IS IN HOSPITAL WITH COVID-19

When severe, COVID-19 commonly causes pneumonia, an infection of the lungs. It may also worsen existing chronic conditions, like diabetes or asthma. Your loved one may need to receive care in hospital if they have difficulty breathing, persistent pain or pressure in their chest or confusion.

Keep calm

- Your loved one needs to be in hospital to receive care that will help them recover from COVID-19. In most cases, recovery with oxygen support is possible.

Be prepared

- Ensure your loved one has everything they need for their hospital stay:
 - Chronic medication or a list of or a script for these
 - Warm clothes and socks
 - A blanket
 - Toiletries
 - Something to read
 - If possible, a cellphone and charger and adapter plug.
 - Know where your loved one's important personal documents (identity, medical, legal, financial) are kept in case of an emergency.

Get and give information

- Check which hospital your loved one will go to.
- Find out what the contact number is.
- Ensure the ambulance or hospital staff have your correct contact details, and a second number, if possible.

Stay connected

- You will not be able to visit your loved one in hospital because of hospital regulations to prevent coronavirus from spreading.
- You can keep in touch by phone if your loved one has a cellphone.
- Or you can call the ward to check up on your loved one.
- Be patient with the staff. There are many patients with COVID-19 and this is a busy time for them.us of your loved one.



Quarantine all contacts

- All those who had close contact (face-to-face, less than 1 metre apart or for longer than 15 minutes) with your loved one should quarantine for 14 days from when you last had contact.
- It can take up to 14 days before you become ill with COVID-19.
- Even if you have not had a test, you may have coronavirus and you may pass it on, even before becoming ill.
- Should you or another family member develop symptoms of COVID-19, call your healthcare provider or the Provincial Hotline on 021 928 4102.

Keep everyone informed

- Keep all the members of your household, including children, updated about the health status of your loved one.



A LOVED ONE IS IN HOSPITAL WITH COVID-19



What will happen to my loved one who is seriously ill in hospital with COVID-19?

Everyone is different, so it is not easy to know what will happen. Your loved one may get worse or they may recover.

What might my loved one be experiencing?

Your loved one may be short of breath, be tired and have pain and nausea. They may be confused or be feeling worried, lonely or bored. They may have complications of their existing chronic condition if they have diabetes, hypertension or lung or heart problems.

What is available to ease symptoms?

If they have difficulty breathing, they will receive oxygen by mask or tubes that sit under the nose. If they struggle to breathe on their own, they may need a ventilator to help them breathe.

There is no cure for COVID-19, but there is new medication that is helping those with severe COVID-19 pneumonia to improve.

If needed, they will receive medication for pain and nausea. The medication may make your loved one feel drowsy or unsettled. Your loved one may have a drip to ensure they get enough fluids. They may also need treatment for their existing chronic condition.

If you had contact with your loved one in the past 14 days, you may have caught coronavirus too, even if you feel well. You need to quarantine (separate) yourself to prevent it from spreading to others.

Will my loved one recover?

Most people admitted to hospital for COVID-19 recover completely. Even if they deteriorate, they can get better again.

Depending on your loved one's age and existing chronic conditions, they may be at higher risk of getting severe COVID-19 which will make it difficult to recover.

If your loved one needs ventilator support or is too frail to cope with being on a ventilator, then there is a greater chance that they may not recover.

If your loved one is unlikely to recover, the healthcare team will decide to give them palliative care to make sure they feel as little distress and pain as possible.

If you are aware of any end-of-life wishes (like not wanting to be on life support), make sure you inform your loved one's healthcare workers.



What can I do ?

It will be difficult to be supportive when you cannot be with your loved one. You should now focus on how best to support them under the circumstances.

- Communicate via phone or video call with your loved one:
- If your loved one is unable to arrange this, schedule a time with hospital staff.
- Make sure you have enough data for a Whatsapp call.
- You might want to get several family members together for the call.
- Even if your loved one does not respond, continue to speak, as they may hear you. Your words and familiar voice will be comforting.

Losing a loved one to COVID-19

As your loved one has passed away from COVID-19, your loss will be complicated by the need to prevent coronavirus from spreading further.

Find ways to cope with your loss

Losing a loved one affects everyone differently; there is no right or wrong way to feel.

Understanding what happened to your loved one may help. Speak to the healthcare workers who cared for them or others who know about COVID-19.

Contact the bereavement helpline on 082 925 5938 or 079 872 6408.



Talk about your feelings to a friend, relative or counsellor.

Take care of yourself. Get enough sleep and avoid using alcohol and other substances to relieve your grief.



Protect yourself and others from coronavirus

Get help with logistics

- Register your loved one's death. You will need their identity document and death notification from the hospital. Ask an undertaker for help.
- Arrange a funeral. When someone has died of COVID-19, cremation is recommended.

- Regulations to prevent coronavirus from spreading may not allow you to see your loved one's body. If you are able to do so, avoid touching or kissing them. It is okay to speak to your loved one while standing next to their body.
- If you receive your loved one's belongings, wash the clothing and linen with hot water and soap. Disinfect other items (phone, spectacles, toiletries) with diluted bleach solution. After handling unwashed laundry and objects, wash your hands well.
- If you had close contact with your loved one in the past 14 days, you may have caught coronavirus. You should quarantine (separate) yourself for 14 days from last contact to prevent passing it on.



GUIDELINES FOR FUNERALS IN THE LANGEBERG MUNICIPALITY DURING COVID-19



It is important that families and funeral undertakers acquaint themselves with the different risk levels and the applicable regulations. These regulations might change whenever the alert levels are adjusted and it would determine movements between provinces, metropolitan areas or district municipalities and where to obtain the required permits for traveling to and from funerals. *Section 35 of the Regulations: Alert Level 3 during Covid-19 Lockdown* clearly stipulates how funerals should be conducted. **Complete guidelines available at www.langeberg.gov.za**



Movement between provinces, metropolitan areas or districts by a person intending to attend a funeral is only permitted if the person is:

- a spouse or partner of the deceased; child or grandchild of the deceased, whether biological, adopted, stepchild, or a foster child;
- child-in-law of the deceased;
- parent of the deceased whether biological, adopted or stepparent;
- sibling, whether biological, adopted or stepbrother or sister of the deceased; or grandparent of the deceased.



- **Attendance at a funeral is limited to 50 persons and is not regarded as a prohibited gathering.**
- Night vigils are prohibited.
- During a funeral, all health protocols and social distancing measures must be adhered to in order to limit exposure of persons at the funeral to COVID-19.

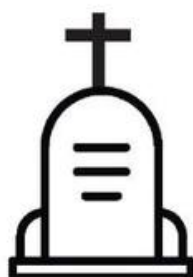
FUNERAL ARRANGEMENTS

- All COVID – 19 related funerals in Langeberg municipal area should take place within 7 days. If the seventh day is on a Saturday, the funeral can take place the preceding Friday. However if the seventh day is on a Sunday, the funeral can take place the next day.
- No community halls will be available for funeral services.
- An attendance register of all mourners, stating full names, ID numbers, addresses and contact phone numbers must be kept and submitted to the municipality for contact tracing purposes.

DAY OF COVID-19 FUNERAL

- Cremation is recommended where a person has passed on due to COVID-19.
- A burial or cremation of the mortal remains of a person who died of COVID-19 must be carried out in terms of the Human Remains Regulations.
- Burial services should not exceed two hours.
- Only close family members should attend the funeral of a person that died of COVID-19.
- A COVID-19 patient should not attend a burial service irrespective of his or her relationship with the deceased.

THE LOCAL SAPS OFFICE MUST BE INFORMED OF ALL FUNERAL SERVICES TAKING PLACE.



CEMETRIES

There are 15 cemeteries in the municipality and while the capacity might vary, there is no specially designated cemetery for those who passed on due to Covid-19. Families are encouraged to work with their selected funeral undertaker to ensure that all paperwork is submitted and payments are made timeously to ensure no disruptions with their respective funeral arrangements.

Undertakers do not need to visit any of our offices but are encouraged to contact the municipality via email bookings@langeberg.gov.za or telephonically.

ASHTON
Esley Skade
023 615 8000

BONNIEVALE
Michiel Rabie
023 616 8000

McGREGOR
Selena Adonis
023 626 8200

MONTAGU
Willem Mouries
023 614 8000

ROBERTSON
Selena Adonis
023 626 8200



COVID-19 HOTLINES

**National Hotline:
0800 029 999**

**Provincial Hotline:
021 928 4102**

**WhatsApp "Hi" to
0600 123 456**

Email: doh.dismed@westerncape.gov.za

*All lines are operational 24/7. The above contact details
are for health related matters only.*