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WHAT ADVICE TO GIVE TO STAFF – COVID-19

1. If you have a temperature, even a mild one, stay at home. Do not go to the clinic or the hospital (these are places where the virus gathers as the really sick need to go there).
2. Isolate yourself as much as possible and stay at home
3. Wear a mask to protect others in the family.

A mask can be made from material but needs to be changed every few hours. Put mask on covering nose and mouth. Do not touch the mask as it will get wet and the virus will pass through.

4. Stay in bed, rest as much as possible
 5. Drink lots of fluids, stay hydrated
 6. Take paracetamol to keep your temperature down
 7. If breathing is affected, make a humidifier with boiling water in a jug and cover your head with a towel. Leaving a shower on could also help. Eucalyptus oil or another bronchial dilator may be put in the water.
 8. Honey and lemon in rooibos tea is very soothing
 9. Vicks vapour rub can help with opening the chest
 10. Use an asthma pump if necessary if you have asthma
- If you have a temperature above 39°C and are struggling with breathing, you need to phone a medical practitioner or hospital.
 - If you are elderly, your immune system is compromised, you have an underlying illness such as diabetes, cancer, are HIV positive, TB or blood pressures problems, you need to treat yourself seriously as the complications may be life threatening
11. Remember that you remain infectious for 2 weeks with COVID-19 after you do not have any more symptoms.