



COVID - 19

PROTECTING OURSELVES, OUR FAMILIES & OUR COMMUNITY



Reduce your risk of coronavirus infection

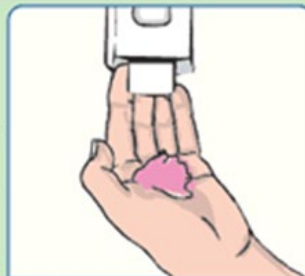
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WASHING YOUR HANDS

FIGHT GERMS BY WASHING YOUR HANDS!



1 Wet your hands



2 Soap



3 Lather and scrub - 20 sec



4 Rinse - 10 sec



5 Turn off tap

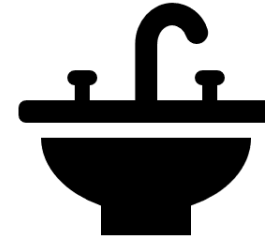


6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

MAKING WATER SAFE



If tap water is clear:

1. Use bleach that does not have an added scent (like lemon).
2. Add 1/8 teaspoon (8 drops or about 0.75 milliliters) of household liquid bleach to 1 gallon (16 cups) of water.
3. Mix well and wait 30 minutes or more before drinking.

If tap water is cloudy:

1. Use bleach that does not have an added scent (like lemon).
2. Add 1/4 teaspoon (16 drops or 1.5 milliliters) of household liquid bleach to 1 gallon (16 cups) of water.
3. Mix well and wait 30 minutes or more before drinking.



Remember that containers may need to be sanitized before using them to store safe water

- Use bleach that does not have an added scent (like lemon).
- Add 1 teaspoon (64 drops or 5 milliliters) of household liquid bleach to 1 quart (32oz, 4 cups, or about 1 liter) of water.
- Pour this into a clean storage container and shake well, making sure that the solution coats the entire inside of the container.
- Let sit at least 30 seconds, and then pour out solution.
- Let air dry OR rinse with clean water that has already been made safe, if available.

NOTE: Never mix bleach with ammonia or other cleaners. Open windows and doors to get fresh air when you use bleach.



Be safe & be courteous

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When coughing and sneezing cover nose and mouth with flexed elbow or tissue
Throw away tissue immediately



Avoid close contact with anyone that has fever and cough



Ensure & support a normal functioning immune system

5



- ✓ Eat a balanced and nutritious diet. Fill $\frac{1}{2}$ of your plate with vegetables and fruit, $\frac{1}{4}$ with protein-rich foods (fish, chicken, meat, eggs, beans, soya etc) and the other $\frac{1}{4}$ with whole grains like oats, sorghum, brown rice, barley, samp, potatoes etc.
- ✓ Eat a variety of colourful vegetables and fruit every day (3-5 portions).
- ✓ Eat foods naturally rich in probiotics, such as plain yoghurt, maas and other fermented foods, e.g. maheu, kombucha, kimchi, sauerkraut, kefir, tempeh.
- ✓ Ensure adequate vitamin D intake with foods such as fatty fish (tuna, mackerel, and salmon) beef liver, cheese & egg yolk. Other foods fortified with vitamin D, like some dairy products, orange juice, soy milk, and cereals.

- ♥ Be physically active for 150 minutes per week
- ♥ Take measures to quit smoking
- ♥ Use strategies to reduce stress

- ✓ Use more plant-based protein, e.g. legumes (chickpeas, dried beans, split peas, lentils), peanut butter, nuts etc.
- ✓ Long-life milk, milk powder (100% dairy), coconut milk, soya milk or almond milk can be used instead of fresh milk or cream
- ✓ Eggs can be substituted with cheese, soya mince, tofu or peanut butter for a source of protein
- ✓ Tinned, frozen or reconstituted (dried) vegetables can be used instead of fresh
- ✓ Tinned, frozen or reconstituted (dried) fruit can be used instead of fresh
- ✓ Maintain excellent hygiene practices at all times

- ♥ Learn meditation techniques
- ♥ Practice mindfulness
- ♥ Get 7 - 8 hours sleep per night



**For more tips and ideas for having fun and
staying safe at home, please visit**

<https://inmed.org.za/community-resources-during-covid-19/>

