

8 things you can do to manage covid-19

1

Where should I wear my mask at the NWU?



- When I am sharing an office or space with someone.
- When I am in a meeting or lecture with others (do not take it off)
- When I walk on the premises of the NWU.
- When I leave my office or room.
- When I enter a common space (bathroom, kitchen, staff room)

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People of all ages can be infected with COVID-19



2

What is my protective gear if I am a student or staff member of the NWU?

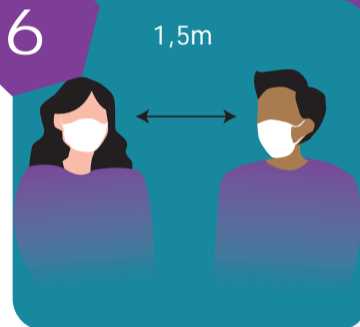


- A cloth mask covering my mouth and nose.
- A face shield (optional) with a mask.

Those who do not have to wear PPE for work or study purposes)

6

What does physical distancing mean?



- It means staying at least 1,5 m away from other people.

Where is it difficult to physically distance?

- Clubs, pubs, public transport

3

Be assertive about your health.



- Keep your physical distance and demand a safe environment for yourself.
- Tell others to put their masks on and to keep their physical distance.

7

Socialise safely during COVID-19



- We can still social distance
- Have a braai outside, but maintain physical distance and limit the number of people entering your house.
- Design games with friends where you can maintain physical distance.
- Call people telephonically, have online parties.
- Design a party where you can interact safely and communicate the rules to people attending.

4

What does someone look like with COVID-19?



- A big part of our population is asymptomatic (have no signs or symptoms), so you will not know who is positive and who is negative.
- The only time you know someone is positive is if that person has tested positive.

8

Our actions affect or infect others around us

