

TOOLBOX TALKS

Covid 19 – Mythbusters

Drinking water alleviates a sore throat. Does this also protect against COVID-19?



While staying hydrated by drinking water is important for overall health, it does not prevent coronavirus infection. If you have fever, cough and difficulty breathing, seek medical care early and share previous travel history with your healthcare provider. If possible, call ahead so your health care provider can prepare for your visit.

Yes, 2019-nCov has spread to countries with both hot and humid climates, as well as cold and dry. Wherever you live, whatever the climate it is important to follow precautions. Wash your hands frequently and cover coughs and sneezes with a tissue or a bent elbow. Throw the tissue in the bin and wash your hands immediately afterwards.



Can the coronavirus (COVID-19) survive in hot and humid climates?

Can COVID-19 spread through faeces?



Like other coronaviruses, this virus can be found in faeces. But COVID-19 spreads primarily through close contact with an infected person or the droplets released when they sneeze or cough. To protect yourself, wash your hands regularly – especially before preparing food or eating, after coughing or sneezing, before and after using the toilet and after changing a child's diaper.

If a surface is dirty, first wipe it down with a regular household soap or detergent and rinse with water. Then use a regular household disinfectant like bleach – its active ingredient (sodium hypochlorite) kills bacteria, fungi and viruses. Always protect your hands when using bleach (e.g. wear rubber gloves). Dilute bleach with water according to directions on the package.



What type of disinfection can I use to wipe down surface to protect against COVID-19?

DISCUSSION

Questions from staff

Comments by staff

Suggestions from staff

TOOLBOX TALK ATTENDANCE REGISTER

Date		Facilitator Name:	
Site/Department:		Facilitator Signature:	
Topic:			

The information in this document had been explained to me and I understand the content

Emp Name	Emp No	Signature	Emp Name	Emp No	Signature