



**WASH YOUR
HANDS
REGULARLY**



**SNEEZE OR
COUGH
INSIDE OF
YOUR ELBOW**



**AVOID
PUBLIC
GATHERINGS**



**CLEAN
EVERYDAY
OBJECTS
YOU USE**

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COVID-19

IPVC AGAINST COVID-19

DO THIS EVERYWHERE, HOME , OFFICE OR FIELD, ALWAYS DO THIS!!!

ITA IZVI KWESI ; MUMBA, MUHOFISI NEKWAUNOSHANDIRA

Your prevention

- ◆ Wash your hands with soap often. Dry them with a paper tissue that you then discard in the dustbin
- ◆ Sneeze and cough in a tissue or in the inside of your elbow
- ◆ Do not touch your face
- ◆ Avoid contact with people who are ill
- ◆ Keep a distance of 2 metres always
- ◆ Get a fever thermometer for your home, so that you can check people's temperature.
- ◆ Buy essential items in quantities that permit you to avoid frequent visits to the supermarket

When you have flu like symptoms

Stay home

- ◆ Call your doctor to say you are ill . You do not need a doctor's sick note to stay home.
- ◆ Don't go to the hospital immediately, go after you have informed them.
- ◆ Inform your supervisor. The supervisors inform HR.
- ◆ If you stay with elderly, please try to isolate them as much as possible, because they are the most vulnerable people.

If someone in your immediate environment is ill !!

- ◆ Avoid contact with the patient as much as possible
- ◆ Don't care for the patient when you are yourself ill or weak.
- ◆ Air the patient's room as much as possible.
- ◆ Wash your hands **OFTEN**.
- ◆ Do not touch your face, eyes, nose or mouth.
- ◆ Disinfect surfaces in the rooms with diluted bleach

Rules in the field

In the car

- ◆ Drivers should disinfect steering wheel, clutch, door handles, door supports, windows and any areas that are frequently touched , at least three times a day.
- ◆ Driving with open windows strongly recommended.
- ◆ Do not share water bottles, food, phones or pens.
- ◆ Clean hands after paying toll.

Rules in the community

- ◆ Do not shake hands, explain why you are not shaking hands.
- ◆ Keep a distance of 2 metres from people with whom you talk. Explain why you are keeping this distance.
- ◆ We will have meetings and conversations only in open air, not in closed off rooms. Explain why.
- ◆ If indoor meetings cannot be avoided , insist on opening doors and windows. Explain why.

Rules at the office

At your desk

- ◆ Do not share your computer and/or keyboard, phone.
- ◆ Wipe your keyboard, desk phone and desk surface three times a day.
- ◆ Cleaners wipe door handles with disinfectant three times a day.
- ◆ If you can work from home, work from home.
- ◆ Report people who are ill and do not stay home.

In meetings

- ◆ Meet only outdoors, in the garden.
- ◆ Arrange your setting so that there is a distance between you and your neighbors of at least 2 metres.
- ◆ Do not share food, drink, pens or phones.
- ◆ Comment at the beginning of the meeting if these rules are not followed.

Kuzvidzivirira

- ◆ Geza maoko ako nesipo kakawanda. Omesa maoko ako nebepa rekupukutisa maoko wirirasa mubhini ramarara
- ◆ Kosora nekuhotsira mubepa kana mukati megokora
- ◆ Usabata kumeso kwako
- ◆ Edzai kusabata kana kugumha vanhu vari kurwara
- ◆ Siyai mamita maviri pakati pako nevamwe nguva dzose
- ◆ Gara uine mudziyo wekupima kupisa kwemuviri yevanhu mumba mako
- ◆ Tenga zvinhu zvaunoshandisa mumba zvakanosha uye neuwandu hunokubatsira kuti usaenda kakawanda kuzvitoro

Kana uine zviratidzo zvechirwere chedzihwa

Gara kumba

- ◆ Foneri chiremba womuudza kuti uri kurwara. Hapadiwi tsamba yachiremba kuti ugare kumba
- ◆ Usaenda kuchipatara ipapo, asi unozoenda watanga wavaudza kuti uri kurwara
- ◆ Udza mukuru wako wepabasa. Iyewo mukuru oudza vanoona nezvevashandi pabasa (HR)
- ◆ Ngatichengetedzei vanhu vakuru vane makore anodarika makumi matanhatu nekudarika vatigere navo, kuti vasabatire chirwere ichi

Mitemo kunzvimbo dzaunoshandira

Mumota

- ◆ Mutiyiri anofanirwa kuisa mushonga unouraya utachiona pamadhiraivho, nekuchinja magiya, mibato yemikova, mafafitera nedzimwe nzvimbo mumotokari dzinobatwabatwa, itai izvi katatu pazuva
- ◆ Unokurudzirwa kutiyira motokari wakavhura mafafitera
- ◆ Musashandisa mese zvinhu zvakaite sezvibhotoro zvevuvira, zvekudya, nharembosha, uye nezvinyoreso
- ◆ Zora mushonga wapedza kubhadhara mutero panzira

Munharaunda

- ◆ Musamhoresana nemaoko uye tsanangura zvikonzero
- ◆ Gara kure nevaunenge uchitaura navo kwemamita anokwana kuita maviri tsanangura kuti sei uri kuzviita izvi
- ◆ Misangano yese ichaitirwa panze, vhurai magoni nemafafitera mumba mamuri kuitira musangano. Ipa tsananguro kuti sei uri kuita izvi

Kana ari pedyo newe achirwara

- ◆ Edzai nepese kusabata murwere
- ◆ Kana iwe uchirwarawo kana kupera simba, usapepa murwere
- ◆ Vhura mafafitera muimba ine murwere nepese paunokwanisa napo.
- ◆ Geza maoko **KAKAWANDA**
- ◆ Usabata kumeso kwako, maziso, mhino kana muromo
- ◆ Pukuta nemishinga inouraya utachiona panzvimbo nemudzimba dzamunogara

Mitemo pahofisi

Paunogara muhofisi

- ◆ Musapanana computer, kana nharembosha nezvimwewo
- ◆ Pukuta computer, nhare nepaunogara pese, kanoita katatu pazuva
- ◆ Vanotsvaira pukutai mibato yemikova nemishonga inouraya utachiona kanoita katatu pazuva
- ◆ Garai makavhura mafafitera nemikova nguva dzose kuitira kuti mhepo itenderere.
- ◆ Kana zvichibvira, shandirai kumba.
- ◆ Taurai kana pane vanorwara uye vasagara kumba vachirwara

Mumisangano

- ◆ Itirai misangano yenyu panze, pamafura mhepo.
- ◆ Pakugara Kwenyu, Siyai Mamita Maviri Pakati Pevanhu Viviri Voga Voga.
- ◆ Musapanana zvokudya, zvokunwa, zvinyoreso nenhare
- ◆ Ipai chenjedzo panotanga misangano kana mitemo iyi isina kutevedzerwa.