

Advice for Food Workers

by Anelich Consulting



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Symptoms of Coronavirus

Most common symptoms of Coronavirus are:



COUGH



FEVER

SHORTNESS



OF BREATH

Most of these symptoms are similar to other illnesses that are much more common, such as colds and flu.

The infection can become more severe and cause pneumonia in people with other health conditions.

How Coronavirus is spread



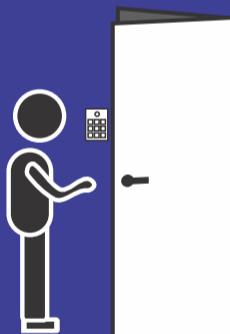
Person-to-person through close contact such as touching someone or shaking hands



Droplets from coughing or sneezing that contain the virus



Contaminated surfaces



What to do if you suspect you have the virus:

- ◆ Isolate yourself (stay at home and away from others)
- ◆ Inform your employer immediately and receive further advice
- ◆ Contact the national emergency number below, so that you can be assisted:



0800 029 999

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How to avoid catching or spreading Coronavirus

- Wash your hands with soap and water often
 - do this for at least 20 seconds (sing Happy Birthday twice)
- Make sure you also wash wrists, between fingers, thumbs, underneath nails and backs of your hands
- Always wash your hands when
 - you get home or into work
 - if you have been out in public areas or used public transport
 - touched various surfaces such as hand rails, lift buttons, door handles, money, trolley handles etc
 - after blowing your nose into a tissue
 - before preparing or eating food
- Use hand sanitiser gel if soap and water are not available – hand sanitizer must have at least 60% alcohol. However, soap and water are better than just hand sanitizer alone in the food environment.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Wipe down your cell phone regularly with a tissue and a small amount of hand sanitizer.
- Put used tissues in the waste bin straight away and wash your hands afterwards.
- Try to avoid close contact with people who are showing flu-like symptoms, especially coughing and sneezing - (keep a distance of at least 2 metres away).



- **DO NOT** touch your eyes, nose or mouth if your hands are not clean
- **DO NOT** shake hands with potentially infected people - rather wave, nod or bow.
- **DO NOT** use a hanky for blowing your nose – use a disposable tissue only once



What can food workers do in their workplace?

The virus is not currently spread through food, but it is important to follow strict personal hygiene habits when working with food, under all circumstances. Washing hands properly with soap and water (and sanitize after washing where required) remains important as all food workers have already been taught.

As a reminder - food workers must wash hands:

- ◆ before changing into work clothes
- ◆ before handling cooked or ready-to-eat food
- ◆ before and after handling or preparing raw food
- ◆ after using the toilet
- ◆ after blowing nose, sneezing or coughing
- ◆ before entering area of work
- ◆ after handling waste
- ◆ after cleaning duties
- ◆ after eating, drinking or smoking
- ◆ after handling money

Note!

Most people who become infected recover!

This virus is controllable, provided we all work together and take responsibility for our actions. Follow hygienic behaviour and arm yourselves with the right information.