

CORONAVIRUS

GUIDELINE ON CHANGE OF CLOTHES AND SHOES

As the Covid-19 pandemic continues, Tsebo Management would like to ensure that our essential staff travelling to and from work are safeguarded against exposure to the Covid-19 virus.

The Centers for Disease Control and Prevention (CDC) has advised that Covid-19 virus can survive on a number of surfaces and virus droplets can be transferred or carried to other floor surfaces after coming into contact with footwear. Therefore, to reduce the spread of the Covid-19 virus, the following needs to be adhered to:

Travelling to Work

- Staff members are encouraged to travel to and from work in their everyday clothes and footwear. Before leaving home, uniforms and work shoes should be placed in a sealable carry bag or plastic bag. Where possible, it is highly recommended that staff use two pairs of shoes, one to travel in and another to work in.

Arrival at Work

- Upon arrival at work, staff should change into their uniforms and work shoes and other required PPE at the designated change areas (if applicable), or at least take off their personal shoes outside the client's premises and put on their work shoes before entering.
- Personal shoes should be sprayed with an alcohol sanitiser, or wiped with soapy solution, on the top and bottom of the shoes. Avoid touching your face, mouth, nose or any surfaces. Place your personal shoes inside a plastic bag for use after the shift.
- When done, wash your hands with soap for at least 20 seconds.

Leaving Work

- Remove work shoes and clean with an alcohol sanitiser, or wipe with soapy solution, on the top and bottom of the shoes and place in plastic bag.

- Change into everyday clothes and shoes and immediately take the uniform to the on-site laundry facilities (if applicable) or place them in a sealed carry or plastic bag.

Getting Home

- Remove your shoes outside and spray with alcohol sanitiser, or wipe with soapy solution, on the top and bottom of the shoes before entering your home.
- Wash your uniform and cloth mask at a temperature of between 60-90°C and iron them once dry.
- Practice good hygiene by washing and sanitising hands and surfaces around the household, as well as things like wallets and cellphones.

In addition, encourage staff members to follow The Colleges of Medicine South Africa (CMSA) guidelines for reducing Covid-19 when using public transport:

- When waiting for a train, taxi or bus, stand at least one metre away from other people (if you stretch your arm out, you shouldn't be able to touch the other person).
- Do not hug, shake hands or touch people.
- Board the vehicle while clasping your hands together to avoid touching handles and rails.
- Avoid people that look sick or are coughing and sneezing.
- Cough or sneeze into your bent elbow or a tissue.
- Don't touch the seat in front of you, handrails, door handles or window ledges.
- Open windows on both sides of the vehicle to allow air to ventilate through.
- If you have sanitiser with you, sanitise your hands before, during and after travel.
- Wear your cloth mask at all times when in public.