

## Q-SOURCING SERVTEC GROUP STATEMENT ON CORONA VIRUS DISEASE

### ABOUT CORONA VIRUS

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

Coronaviruses are zoonotic, meaning they are transmitted between animals and people.

### ABOUT CORONA VIRUS DISEASE 2019 (COVID-19)

1. It is a viral disease
2. It is caused by a Corona virus family (COVID-19)
3. It causes illness of our respiratory system like common cold/flu

## WHAT ARE THE COMMON SIGNS OF INFECTION?



### HOW COVID-19 IS SPREAD

1. In the air through sneezing and coughing
2. Touching an infected person
3. Shaking hands with an infected person
4. Touching surfaces contaminated with the Corona virus
5. Touching the mouth, eyes and nose with hands contaminated with the Corona virus

### WHO IS AT RISK?

1. All staff are at risk of getting the Corona virus.
2. Staff with chronic medical conditions such as diabetes mellitus (sukali), hypertension (pressure)
3. Staff with acute medical conditions such as common cold, fever
4. Staff who are elderly i.e. above 50 years

## HOW CAN WE FIGHT THE SPREAD OF COVID-19?

### 1. **WASH HANDS**

Thoroughly with soap and water or hand sanitizers (60% alcohol) in these times. At least do this 10 times a day. Wash hands before leaving home, after breaks, in public places, after using the toilet, before cooking or eating.

### 2. **DO NOT**

Shake hands with any staff

### 3. **AVOID**

Touching surfaces with unwashed hands

### 4. **AVOID**

Close contact with persons at work. Be at least a meter apart.

5. In case of sneeze or cough, use a tissue and throw it away in bin. Please wash hands thoroughly after.

### 6. **DO NOT**

Share any items that encounter the mouth such as cups and bottles.

### 7. **DO NOT**

Touch eyes, nose, mouth with unwashed hands

8. **AVOID** meetings especially in closed spaces

### 9. **ENSURE**

All work surfaces and equipment should be regularly cleaned with disinfectant (Jik, Dettol). These surfaces and equipment include desks, tables, telephones, keyboards and mobile phones.

10. Any QSS staff with a mild flu, cough or fever **MUST** visit the medical doctor. He/she **MUST** stay at home, rest, rehydrate and follow the doctor's recommendations.

11. All ill QSS staff **MUST** not share items such as bedding, dishes, towel etc.

12. All staff traveling upcountry **MUST** follow the above recommendations with much priority

13. Use masks **ONLY** to the staff who have acute medical conditions, chronic medical conditions and the elderly.

14. **AVOID** unnecessary movements at the workplace and in the hometowns and villages



## **ACTION BY Q-SOURCING SERVTEC GROUP**

Staff members are urged to remain vigilant and uphold a strict, continuous monitoring exercise across all work sites. In case of any reports, notifications or notices, contact the numbers below.

<b>QSS UGANDA</b>	<b>QSS KENYA</b>	<b>QSS RWANDA</b>	<b>QSS TANZANIA</b>	<b>QSS SOUTH SUDAN</b>	<b>TASC</b>
<b>HENRY</b> +256773065433	<b>SAMMY</b> +254711348352	<b>LYDIA</b> +250783401456	<b>SAMIRA</b> +255 744555889	<b>FRANCIS</b> +211921726177	<b>DICKENS</b> +256782716041

In case of a staff suspected to have the Corona virus, IMMEDIATELY inform the National Corona Virus Response Unit in your respective countries.

### **UGANDA**

CALL: 0800100066 OR 0800203033 (Toll free)

### **KENYA**

Kenya Ministry of health Emergency Hotlines:

CALL: +254729471414, +254732353535

### **RWANDA**

CALL: 114 (Toll Free)

### **SOUTH SUDAN**

CALL: 6666 (Toll Free)

### **TANZANIA**

CALL: 114 (Toll Free)