

PROTECT YOURSELF FROM CORONAVIRUS

HEALTH AND HYGIENE TIPS FOR INFORMAL WASTE RECYCLERS AND WASTE PICKERS

WHEN ON DUTY ALWAYS



Wear gloves when working.



Avoid touching your face, mouth, eyes and nose.



Work alone or in small groups maintaining a distance of at least 1.5 metres from others.



Avoid touching and sorting materials that may have been used to treat ill people such as, such as used tissues, masks, containers for medications, etc.



Always wash hands before eating'

PERSONAL HYGIENE



Wash hands with soap and water as often as possible and after collection routes.



Wash hands after removing gloves.



Wash your hands after selling and getting cash for recyclable materials.



Wash hands upon returning home.



Remove shoes and potentially contaminated clothing before entering your home.



Wash your working clothes and cloth mask at the end of the day.



Take a bath or shower when you get home.

MONITOR YOUR HEALTH ALWAYS FOR:

COUGH



SNEEZING



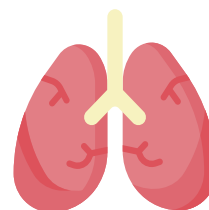
SORE THROAT



FEVER



BREATHING DIFFICULTY



GO TO THE CLINIC IF YOU EXPERIENCE ANY OF THESE SYMPTOMS. DO NOT GO TO DO RECYCLING WORK WHILE SICK.



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

For further information contact:
National Department of Health
Environmental Health Directorate
Tel: 012 395-8781/9626/8748/8523

