

# CORONAVIRUS

(COVID-19 / SARS-CoV-2)

Everything you need to know | [www.ufs.ac.za/covid19](http://www.ufs.ac.za/covid19)



UFS

| UFS COVID-19 Bulletin #5

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## Return of staff to our campuses

Since the implementation of a risk-adjusted strategy announced by President Cyril Ramaphosa on 23 April 2020 to gradually ease the national lockdown restrictions, the university has implemented a plan to re-integrate our staff to the campuses. The health, safety and well-being of our staff and students remain the first priority during this time; therefore it is a phased approach of re-integration, based on the principle of social and physical distancing, as well as the fact that large numbers of staff cannot be allowed on the campuses at this stage to limit the possibility of spreading COVID-19 on the campuses. [Click here for access to the plan.](#)



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the office](#)

# Tips on cleaning the office environment

As many staff are returning to their workplaces, maintaining safe and clean offices is vital to prevent the spread of COVID-19. All persons must continue with safe behavioural practices such as social distancing, washing hands with water and soap or disinfecting hands with alcohol-based hand sanitiser, using face coverings, avoiding touching eyes, nose, mouth, and to self-quarantine at home when sick.

**If the workplace** has been unoccupied for more than seven days, it will only need normal routine cleaning to reopen the area, as the virus that causes COVID-19 is unlikely to remain viable at infective doses for longer than this.

**Routine cleaning** and disinfecting are an important part of reducing the risk of exposure to COVID-19. Why is this important? Surfaces can become contaminated by employees touching surfaces, or from respiratory droplets spread by coughing and sneezing, and provides a source of infection to other workers. Normal routine cleaning with soap and water can reduce the risk of exposure and is a necessary step before disinfecting dirty surfaces.

**Be sure to use** appropriate disinfectants according to the manufacturer's instructions. Diluted household bleach or 70% alcohol solutions (sanitisers) can be used when appropriate for the surface or object to be disinfected. Follow the manufacturer's instructions for using the product. Household bleach, (Jik, sodium hypochlorite) makes an excellent disinfectant and can be used at 0,05 to 0,1%. Check the bottle to confirm the strength. Household bleach is usually 3% sodium hypochlorite. Dilute it fresh as it loses activity with time (even 24 hours). Gloves worn during cleaning should be disposed of (if disposable) or disinfected.

**Avoid sharing items** such as pens and keyboards if possible. Surfaces frequently touched by multiple people, such as door handles, desks, phones, shared keyboards, pens, light switches, and faucets, should be cleaned and disinfected at least daily. More frequent cleaning and disinfection may be required based on level of use, for example, areas such as shared bathrooms or kitchens.

## References

Department of Health (DOH). COVID-19 Environmental health guidelines [Internet]. Pretoria. DOH; 2020 Mar 16. Available from: <https://www.nicd.ac.za/wp-content/uploads/2020/04/COVID-19-ENVIRONMENTAL-HEALTH-GUIDELINE-1-3.pdf>

Centers for Disease Control and Prevention (CDC). Reopening guidance for cleaning and disinfection public spaces, workplaces, businesses, schools, and homes [Internet]. Atlanta (US). CDC; 2020 Apr 28. Available from: <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

**Mrs Danelle van Jaarsveldt**  
**Division of Virology UFS**

**How to clean and disinfect to protect against coronavirus (March 2020)**  
**Guidelines for cleaning after possible contamination with coronavirus**

[https://www.ufs.ac.za/docs/default-source/coronavirus-covid-19-sars-cov-2/guidelines-for-cleaning-a-room-version-1.pdf?sfvrsn=1f09821\\_2](https://www.ufs.ac.za/docs/default-source/coronavirus-covid-19-sars-cov-2/guidelines-for-cleaning-a-room-version-1.pdf?sfvrsn=1f09821_2)

# Coping with loneliness during isolation

During this time of immense uncertainty, it is so easy to feel as if you are alone and a little lost in all of this. Millions of people around the world are experiencing feelings of loneliness during the current Coronavirus pandemic. In our efforts to stay safe and save lives, our usual ways of spending time with friends and loved ones have been challenged. While isolation may be temporary, even brief periods of isolation and loneliness can have negative consequences on both physical and mental wellbeing.

This is a challenging and sometimes lonely time, but this too shall pass. In this presentation, the OD and Employee Wellness divisions would like to share tips on how to cope with loneliness during COVID-19.

For now, let us be kind to ourselves and others and stay safe, stay home.



PDF  
Employee  
Wellness



PDF  
Crossword  
Puzzle



Info

## #StayWellStayStrong

Living in lockdown can be emotionally taxing as it is physically limiting. Staying connected with fellow colleagues and updates of the world at large is liberating. The Department of Human Resources has made online resources available during these trying times. Visit [www.ufs.ac.za/staffinfo](http://www.ufs.ac.za/staffinfo) for more information.



Forum

### COVID-19 online forum for staff

An online forum for staff is available on the website where staff can ask questions relating to COVID-19 and the lockdown period.



Email

Send an email to [covid19@ufs.ac.za](mailto:covid19@ufs.ac.za) or visit the online forum at <https://covid19.ufs.ac.za> where questions can be posted.

### Compiled by:

Department of Communication and Marketing  
[news@ufs.ac.za](mailto:news@ufs.ac.za)