



Secure Tomorrow

Minet

AON | Global Network Correspondent



# GETTING YOUR WORKPLACE READY FOR COVID-19

## Current Status

More than 90,933 confirmed cases reported for novel corona virus (COVID - 19) globally. Of the 90,933 cases reported, 80,152 cases have been reported from China. Other cases reported in Thailand, Japan, Hong Kong, Italy, China, Iran, United States of America and the Republic of Korea. 3,119 total deaths have been reported.

## How Covid-19 is Spread

- COVID-19 spreads in a similar way to flu. If someone stands within one meter from a person with COVID-19 they can catch it by breathing in droplets coughed out or exhaled by them.
- Risk of serious illness rises with age; people over 40 seem to be more vulnerable than those under 40.
- People with weakened immune systems and people with conditions such as diabetes, heart and lung disease are also more vulnerable to the serious illness.

## Signs of Infection

### Common

- Cough
- Fever
- Shortness of breath
- Diarrhoea
- Gastro-intestinal symptoms
- Breathing difficulties

### Severe

- Pneumonia
- Kidney failure
- Severe Acute Respiratory Syndrome
- Death

## How to prevent the spread of COVID-19 at your Workplace

- 1. Make sure your workplaces are clean and hygienic**
  - Surfaces (e.g. desks and tables) and objects (e.g. telephones, keyboards) need to be wiped with disinfectant regularly.
- 2. Promote regular and thorough hand-washing by employees, contractors and customers**
  - Put sanitizing hand rub dispensers in prominent places around the workplace. Make sure these dispensers are regularly refilled.
  - Display posters promoting hand-washing.
- 3. Promote good respiratory hygiene in the workplace**
  - Ensure that face masks and / or paper tissues are available at your workplaces, for those who develop a runny nose or cough at work, along with closed bins for hygienically disposing of them.

## Treatment

- No Vaccines or antiviral drugs available for these viruses.
- Symptoms can be treated.

## Reference

Advice and guidance from the World Health Organisation (WHO) on COVID-19

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- <https://www.epi-win.com/>
- <https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf>
- Ministry of health Hotlines numbers: 0800 721 316 | 0732 353 535 | 0729 471 414

Minet Kenya Insurance Brokers is Certified & Licensed by Insurance Regulatory Authority.

Risk. Reinsurance. People.

@ [wellness@minet.co.ke](mailto:wellness@minet.co.ke)  
☎ +254 719 044 000

Update as at 3rd march 2020.