

# SURVIVING THE LOCKDOWN

## 101



**Scribante**

LABOUR CONSULTANTS

With you every step of the way

## WHAT IS THE CORONAVIRUS?

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus. The disease causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty breathing. Coronavirus disease spreads primarily through contact with an infected person when they cough or sneeze. It also spreads when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth

## WHAT IS A LOCK DOWN?

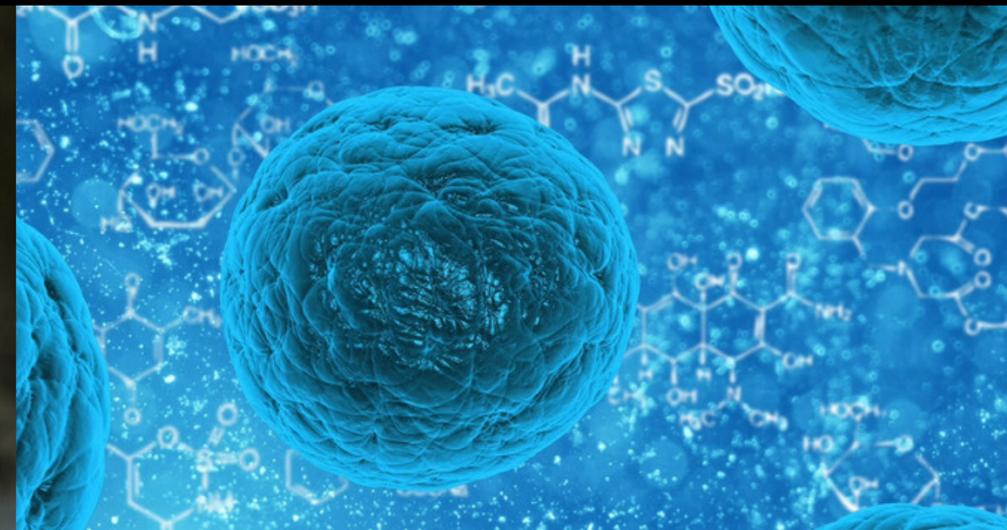
A lockdown is an emergency protocol that usually prevents people or information from leaving an area.

## WHY IS SOUTH AFRICA IN A LOCK DOWN?

Due to the increase in the number of cases of the Coronavirus in SA, the president has decided to declare a national lock down for 21 days starting on the 27th of March 2020 at 00:00am ,giving special provisions only to certain sectors (eg. healthcare, security, etc) , in the hope of flattening the curve on the spread of the virus.

## WHO WILL BE AFFECTED?

The lockdown will affect everyone.No one will be allowed to leave their homes for the 21 days unless under strictly controlled circumstances, including seeking medical care, buying food, medicine or other supplies and collecting social grants. For homeless people, shelters which meet hygiene standards are being identified, and for those who are unable to self-isolate at home, quarantine sites will be identified.



# TIPS WHEN WORKING FROM HOME

1. Designate a Workspace or Home Office - The separation between work and home is physical, and you want to try to recreate that as much as possible with a designated physical workspace at home. Your workspace should feel as separate from the rest of your home as possible.
2. Working Hours and Breaks - Stick to your working hours as much as possible. Working at home could have additional distractions however try to limit your snack breaks and continue to work your full 8 hours a day.
3. Set Boundaries- It is important that you communicate with the people you live with to establish boundaries so you can cut down on distractions during the workday.
4. Daily Checklists - These can assist you to stay more organized by assuring we don't skip any important tasks that you will need to complete.
5. Set Deadlines - setting deadline prepares you for what you need to do and makes you more creative about finding solutions to ensure all tasks are complete.
6. Efficient Equipment - Ensure that you have all the required equipment that you need so that you can efficiently work from home , these things can include: a good wireless connection; stationery; desktop/laptop.



# THINGS TO DO TO KEEP YOU BUSY DURING THE LOCK DOWN:

1. Find an interesting book to read
2. Exercise/ meditate or do yoga
3. Movie or Series Marathon
4. Learn new cooking/ baking recipes
5. Document your days during the lock down
6. DIY Projects
7. Board/ Card Games
8. Gardening
9. Redecorating your home
10. Knitting/ Sewing
11. DIY Spa day
12. Research on google
13. Watch documentaries
14. Puzzles/ Crosswords / Sudoku
15. Catch up on some sleep
16. Learn a new skill by watching Youtube videos
17. Complete any outstanding work tasks
18. Organizing your cupboard
19. Social Media
20. Draw up a list of things you plan to do after the lock down has ended

# HOW TO KEEP HEALTHY AT HOME:

1. Cooking healthy meals and maintaining a balanced diet.
2. Keeping active by jogging, swimming, doing home exercises or playing sport within the parameters of your own home.
3. Meditating or performing yoga to ease your body and mind.
4. Ensure that you are regularly washing your hands, sanitizing and cleaning your home.
5. Limit the amount of time that you spend on your cellphone, TV or laptops.





# COUNTDOWN CALENDAR

## MARCH 2020

S	M	T	W	T	F	S
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## APRIL 2020

S	M	T	W	T	F	S
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**NOTES:**