



# Centered Secrets

Coming back to balance naturally.

**Newsletter 20**

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## **CORONAVIRUS**

Dear Valued Client

### **Prevention of Illness**

In terms of managing the spread of the virus, the following principles apply:

- Wash your hands often with soap and water for 25 seconds duration. If soap and water are not available, use an alcohol-based hand sanitiser (at least 60% alcohol based). We recommend Beaucience Hand Sanitiser – see our website for more information.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay at home when you are sick and try and keep distance from others at home.

- People with symptoms of acute respiratory infection should practice cough etiquette (maintain distance, cover coughs and sneezes with disposable tissues or clothing, and wash their hands) and if this occurs after travel, report as soon as possible to health care practitioners.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid contact with farm or wild animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
- Masks: People with no respiratory symptoms, such as a cough, do not need to wear a mask. The use of masks should be reserved for people who have symptoms of the virus, and for those caring for individuals who have symptoms or confirmed COVID-19 infection. A mask does, however, prevent you from touching your own face, and hence reducing the risk of self-inoculation.

Useful Resources:

1. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
2. <https://www.olympic.org/athlete365/coronavirus/>
3. <http://www.nicd.ac.za/diseases-a-z-index/covid-19/>
4. <https://youtu.be/mOV1aBVYKGA>
5. South Africa COVID-19 HOTLINE: 0800 029 999 (Mon-Fri 8am – 4pm)

For more information on the products and prices please visit our website  
[www.centeredsecrets.co.za](http://www.centeredsecrets.co.za)

  
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Kind Regards



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