

AFRO Care You
Pandemic Preventive Measures





In the face of the global COVID-19 pandemic, fellow sisters need to protect themselves and others in daily lives. Other than maintaining personal hygiene, preventive measures at workplaces are important to keep yourselves and clients healthy.

Message from AFRO

- COVID-19 testing is not once and for all. A negative result doesn't guarantee you will never get infected in the future.
- Health is not just free of diseases, but also about mental and psychological well-being.

General measures at workplace

Put the face masks into envelopes or cases.



When clients arrive, measure temperature and disinfect their hands



Place disinfection carpet at the entrance



Keep indoor workplaces well-ventilated.



Clean and disinfect the workplace regularly.



Perform hand hygiene after touching cash.

How to wear a face mask properly?



- 1 Perform hand hygiene first.



- 2 Fit the face mask snugly over the face.



- 4 Extend the face mask to fully cover mouth, nose and chin.



- 5 Mould the metallic strip to the bridge of the nose.

- 6 Avoid touching the mask again. If needed, perform hand hygiene before and after touching the mask.

Personal aspect



Avoid touching eyes, mouth and nose.

Perform hand hygiene after touching public facilities, such as door handles, faucets, escalator handrails, lift buttons etc.

How to take off a face mask properly?

Change the face mask timely. In general, face masks should not be reused.



- 1 Perform hand hygiene.



- 2 Hold the ear loops and take off the face mask. Avoid touching the outside of the face mask as it may be covered with germs.



- 3 Discard the face mask into a lidded rubbish bin, and perform hand hygiene.



Wash hands with liquid soap and water, and rub for at least 20 seconds.



If hand washing facilities are not available, you can perform hand hygiene with alcohol-based hand rubs.

When the hands are cleaned, use a paper towel to wrap the faucet before turning it off.



Cover your mouth and nose with tissue paper when sneezing or coughing.



Put the toilet lid down before flushing to avoid spreading germs.

Put on eye protection, such as goggles or face shields.

Hand hygiene

As the pandemic persists, 'anti-pandemic fatigue' is not uncommon. You may refer to the tips in the following **four aspects** to help maintain physical and mental balance and well-being.

Physical

- Have 8 hours of sleep at least 3 days a week.
- Have a balanced diet with sufficient proteins, dietary fibers and vitamins.



8hrs

Psychological

- Practice relaxation techniques, such as breathing exercise and muscle relaxation exercise.
- Read and watch inspirational passages or dramas and build a positive attitude.



Social

- Talk to family and friends about your troubles. Receive counselling services if needed, and relieve stress.
- Stay in touch with optimistic friends and gain positive energy.



Spiritual

- Exercise at least 10 minutes a day.
- Explore your interests and hobbies, arrange a 'me time' for yourself.



You can evaluate your mental health status on your own. Please circle a number for each statement, based on which you find closest to how you have been feeling over the last two weeks.

	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
I have felt cheerful and in good spirits	5	4	3	2	1	0
I have felt calm and relaxed	5	4	3	2	1	0
I have felt active and vigorous	5	4	3	2	1	0
I woke up feeling fresh and rested	5	4	3	2	1	0
My daily life has been filled with things that interest me	5	4	3	2	1	0

Total score : _____

Your mental health status

Total score 0-12 or has a score of 0-1 on any of the 5 items :
Need to seek help. Please contact us.



Total score 13-25 : Well-balanced emotional status.



References

Hong Kong Government COVID-19 Thematic Website - Health Advice

<https://www.coronavirus.gov.hk/chi/health-advice.html>

Jockey Club Mental Wellness Project for Women

<https://www.jcwow.org>

World Health Organization (WHO5)

<https://www.psykiatri-regionh.dk/who-5/who-5-questionnaires/Pages/default.aspx>

Organized by:
Action for REACH OUT



Contact Us



AFRO 24-hour Emergency Hotline: 2770 1002
(22:00 – 09:00 Emergency support only)

AFRO Care You E-Mental Health Resources Platform



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