

COVID-19: Guidelines



Timing is everything

Be strategic about the timing and execution of your trips

Deloitte encourages flexible working – if you rely on public transport and you need to be in the office, arrange your arrival and departure so that you travel during off-peak times. This will allow for fewer queues and emptier transport.

When heading to the shops, plan your trips out of peak shopping times. Go mid-morning or mid-afternoon and plan your shopping so that you avoid month-end mayhem. Make a list of everything you need from the supermarket, chemist, hardware store or other shops to ensure you don't have to return for forgotten items later.



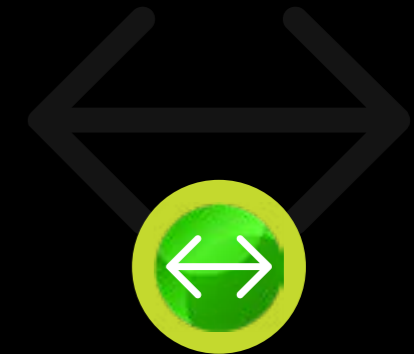
Wash your hands after each of these touch points

Wash them vigorously with soap and water for at least 40 seconds

- after you return home
- before and after unpacking your shopping
- especially after you sneeze or cough.

If at any point you are concerned about a surface you have been in contact with or an area that you have been into, rather be cautious and wash your hands.

Clean and disinfect high-touch surfaces in common areas, daily. These include tables, hard-backed chairs, doorknobs, light switches, phones, tablets,



Even though lockdown has eased, keep a safe distance

Keep socialising to a minimum and maintain a safe physical distance

Ensure you keep at least 1.5 meters between you and any person you may encounter and wear your mask at all times when outside your home.

If you are tempted to see family or friends, do so in an outdoor setting and avoid areas where people congregate en masse.



#Flatten the curve

Tips to remain safe in COVID-19 times

Don't let the relaxing aspects of lockdown trick you into thinking that you can relax your personal approach to flattening the curve.

As numbers continue to increase exponentially, it is our responsibility to ensure we do as much as we can to help keep family, friends, colleagues and fellow citizens safe.

Keep in mind that the easing of lockdown and greater access to "normal, everyday" activities means that we are more vulnerable now than at the start of lockdown.

Here are some tips to help you to continue to **#flattenthecurve** and keep yourselves and those closest to you safe from the pandemic.



Be aware of what you are touching

You can't be too cautious when dealing with an invisible threat

When heading out you should have the following:

- Clean mask. Dependent on how long you may be out, keep a second mask at your disposal)
- Hand sanitiser
 - Use on your hands as you disembark a vehicle
 - If you touch anywhere you don't feel comfortable
 - Prior to entering a vehicle/home
- Upon entry to a vehicle if you have to touch the exterior of the vehicle
- If you are concerned when shopping, take wet-wipes to wipe any surfaces or items you may touch.



Skip the trip if you are high risk!

Rather than take a risk with your health, continue to stay at home

If you need anything, rather arrange for a friend or family member to assist with your shopping or to arrange collection and drop off of essential items.

Where work is concerned, you are strongly encouraged to continue working from home. If a situation does arise where you may feel the need to go in to the office – have the conversation with your team leader first.

AVOID

- Group gatherings
- Sleepovers
- Playdates
- Concerts
- Theatre outings
- Athletic events
- Crowded shopping malls
- Workouts and gyms
- Non-essential workers in your house
- Mass transit system.

USE CAUTION

- Visiting a local restaurant
- Visiting grocery store
- Getting take out
- Picking up medication
- Visiting the library
- Religious services
- Travelling.

SAFE TO DO

- Take a walk
- Go for a hike
- Gardening
- Play in your garden
- Clean out a closet
- Read a good book
- Listen to music
- Cook a meal
- Family game night
- Go for a drive
- Group video chats
- Stream a favourite show
- Check on a friend
- Check on an elderly neighbour.