

Groups Info Sheet

COVID-19 SAFETY FOR HILLSONG CHURCH SMALL GROUPS



COVID-19 Safety for Small Groups

It's important that you and your household are safe, so in this season you may be more comfortable to continue hosting your group online. As restrictions ease across South Africa, some groups may choose to gather in person. This training will help you to manage the spread of COVID-19 if you're gathering with others for small groups in homes and meeting places.

As a leader it's important that you're aware of your responsibilities and understand the guidelines outlined in this training that is provided for you including:

- How to respond to those with flu-like symptoms
- Maintaining Safe Spaces, cleaning and disinfecting
- Food Safety

Online training for all group leaders will need to be completed before hosting your group.

VISIT
sacoronavirus.co.za
FOR THE LATEST
INFORMATION
AND HEALTH ADVICE
ON COVID-19

Symptoms

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly. The common symptoms of COVID-19 may include:



Other symptoms can include runny nose, headache, muscle or joint pains, nausea, diarrhoea, vomiting, loss of sense of smell, altered sense of taste, loss of appetite and fatigue.

Most people infected with COVID-19 will have a mild to moderate illness and will recover without special medical treatment. Some people, such as those with underlying medical problems or disease and older people, are more likely to suffer from some serious symptoms of the diseases.

Protect others and stop the spread

- Practice good hygiene.
- Practice physical distancing.
- Follow the limits for public gatherings.
- Understand how to isolate if you need to.
- Download the COVID Alert SA App.

Who is most at risk?

- Those who have been in contact with a person with COVID-19.
- Older people (Above the age of 55)
- People in aged-care facilities
- People with chronic conditions
- People with disability
- Travellers who have visited or transited through a high-risk country in the past 14 days.

Safety Measures for Groups

- Be aware of symptoms, kindly ask anyone who is unwell or displaying flu-like symptoms to refrain from attending.
- Consider those who may be at higher risk and connect with them a different way.
- Undertake cleaning and sanitization if meeting in homes.
- Observe physical distancing, where reasonably practical, ensure guests maintain 1.5m physical distancing.
- Consider hosting groups outside or in well-ventilated areas.
- Avoid group singing, in particular in closed spaces.

How to respond to those with flu-like symptoms

If guests are unwell from something that is contagious, kindly ask that they do not attend or remain at your small group gathering. COVID-19 can present much the same as influenza (i.e. the flu) so during flu season there may be more people displaying symptoms. You should feel empowered to ask people who present unwell to leave and return home. This must be done in a polite and caring way that does not cause embarrassment or fear for the person affected.

- Isolate the person affected.
- Ask them to return home immediately and contact their GP, or if the person is seriously unwell and it's an emergency, call 10177 immediately.
- Wash your hands and sterilise any surfaces the person may have come in contact with.
- Clean and disinfect areas that the person affected may have been in contact with, by following the cleaning information provided in this info sheet.

Note: They should travel in their own vehicle, or with a friend or relative that they may have attended with. They should not use public transport. For young people attending Youth Small Groups (i.e. RDGs), their parents should pick them up.

Group Leaders Guide to Maintaining Safe Spaces

Hygiene practices

To prevent infection:

- Wash your hands often with soap and water for at least 20 seconds, or an alcohol-based hand sanitizer if soap and water is not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay at home if you feel unwell and try to keep a distance from others at home.
- Cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue in the bin.
- Clean and disinfect frequently touched objects and surfaces.

Cleaning

During the current exposure of COVID-19 it's important to clean more frequently and especially those areas used for Small Group gatherings.

- Routinely clean frequently touched surfaces, like tables, doorknobs, light switches, handles, desks, toilets, taps, and sinks.
- Use cleaners that are appropriate for the surface, following label instructions.
- Clean before guests arrive to ensure that your home is hygienic.
- Clean after guests leave, for the benefit of you and members of your household.
- Use gloves while cleaning and disposing of rubbish your guests have used or come in contact with (e.g. food scraps, sanitary items, etc.).
- For bathrooms, it is recommended that disposable paper hand towels and a rubbish bin be provided for drying hands after washing.

What is the difference between cleaning and disinfecting?

Cleaning	Cleaning refers to the removal of germs, dirt, and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.
Disinfecting	Disinfecting refers to using chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

HOW TO CLEAN SURFACES

- Wear disposable gloves when cleaning.
- Gloves should be discarded after each cleaning.
- If reusable gloves are used, these should be cleaned and disinfected after use.
- Clean hands immediately after gloves are removed.
- Consult the manufacturer's instructions for cleaning and disinfection products used.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfecting. Disinfecting works best on a clean surface.

HOW TO DISINFECT SURFACES

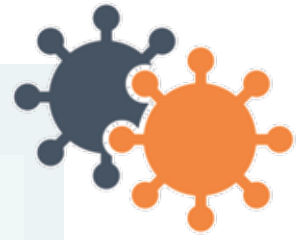
- To disinfect, use diluted household bleach solutions, alcohol solutions with at least 70% alcohol or most common household disinfectants should be effective.
- Diluted household bleach solutions can be used if appropriate for the surface. Follow the manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- To mop floors or sanitise equipment using household grade bleach, add 5 millilitres to every 2 litres of water. To spray and wipe surfaces using household grade bleach, add 1.25 millilitres to every 1 litre of water. If using commercial grade bleach, follow the manufacturer's instructions. Prepare bleach solution daily as they are not effective after this time.
- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible dirt, soil, dust if present and clean with appropriate cleaners indicated for use on these surfaces.
- For smaller surfaces you may use disinfectant wipes, alcohol wipes or disinfectant sprays.

Top Tips

- Provide hand sanitizer.
- Encourage those that are unwell to refrain from attending until they are well.

Remember: labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Group Leaders Guide to Food Safety



Can COVID-19 be passed on through food?

The virus is commonly passed on:

- Directly, through contact with an infected person's body fluids (for example, droplets from coughing or sneezing)
- Indirectly, through contact with surfaces that an infected person has coughed or sneezed on

Current information suggests that the virus may survive a few hours on surfaces and simple household disinfectants can kill the virus. Therefore, it is possible that a person infected could introduce a virus to the food or the surfaces they are working on by coughing and sneezing, or through hand contact, unless they strictly follow good personal hygiene practices.



Follow standard food safety recommendations to reduce the risk of transmission including:

- Proper hand hygiene
- Practice cough etiquette (keep away from other people, cover coughs and sneezes with disposable tissues or clothing, and clean your hands).
- Safe food practices including temperature control, covering food, cleaning food preparation and serving areas.
- You may choose to limit the food you offer at small group gatherings to pre-packaged items.



Proper hand hygiene

During food preparation and service, the simplest way to prevent food-related illnesses is to wash your hands as often as you can. In particular:

- before starting
- before handling cooked or ready-to-eat food
- after handling or preparing raw food
- after handling waste
- after cleaning
- after using the toilet
- after blowing nose, sneezing or coughing
- after eating or drinking.

Maintain good hand health and refrain from touching your hair, eyes, face and mouth. Note that dry or irritated hands can pick up germs more readily than healthy hands.

Group Leaders Checklist

Checklist for maintaining safe spaces

Below are the steps and resources required by you or your household to maintain safe spaces.

Items required:

- ☐ Hand sanitizer
- ☐ Hand washing facilities (separate to the kitchen sink)
- ☐ Tissues
- ☐ Disposal gloves for cleaning and disposing of rubbish
- ☐ Disinfecting spray or surface wipes
- ☐ Other household cleaning products

Setup the home environment:

- ☐ Ensure that the environment is clean, tidy and sanitary before and whilst guests are present

Communicate to your guests:

- ☐ What hygiene products are provided
- ☐ When they are sick they must stay home
- ☐ If your guests have any health or safety concerns they should contact info@hillsong.co.za

Checklist for Food Safety

Below are the steps and resources required by you or your household to prepare and serve food safely.

Items required:

- ☐ Clean water
- ☐ Soap or liquid soap for hands
- ☐ Disposable paper towels for drying hands
- ☐ Detergent for cleaning
- ☐ Disinfectant or sanitiser for food contact surfaces
- ☐ Clean tableware such as glassware, cutlery, cups, and bowls or use disposable ones.

Basic setup for food service:

- ☐ Empty bins before guest arrive
- ☐ Make room in the refrigerator for items that need cold storage
- ☐ Disinfect or sanitise food contact surfaces (e.g. kitchen bench)
- ☐ Cover food until it is ready to serve



QUESTIONS OR NEED HELP?

- Contact info@hillsong.co.za
- If a person is in immediate danger or their health or safety is at risk contact 10177
- 0800 029 999 COVID-19 Public Hotline for information on coronavirus (COVID-19) or help with the COVID Alert SA app.
- Visit sacoronavirus.co.za for more resources and information about Coronavirus.