

Holiday safety guide

No matter where you are heading.

Take safety seriously this holiday.

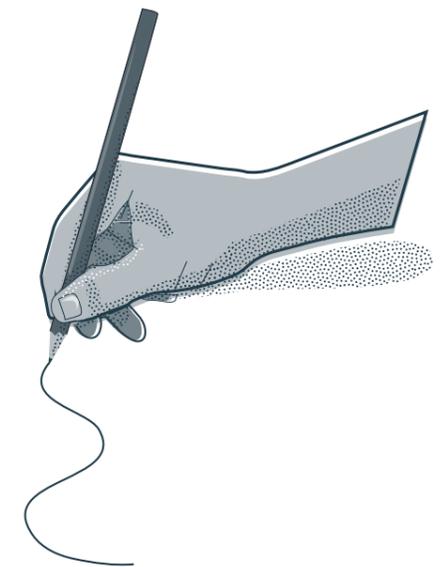
Here are some handy tips to help you prepare for a safe trip.





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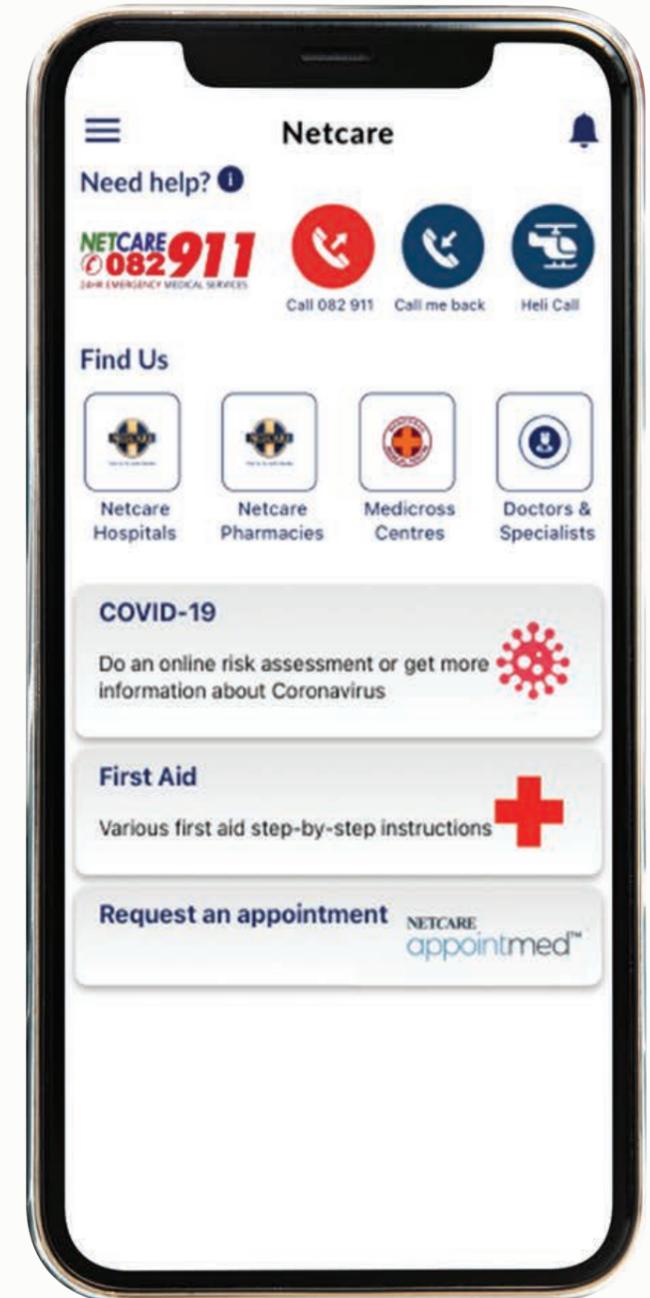


01 What to do in a medical emergency

- In the case of a medical emergency, immediately call Netcare 911 on 082 911.
- Give them your name and number in case you get disconnected.
- Tell them the nature of the emergency so that the appropriate level of emergency personnel can be dispatched to you.
- Do not hang up until you have been told it is okay to do so.



Netcare Mobile Smart Phone Application



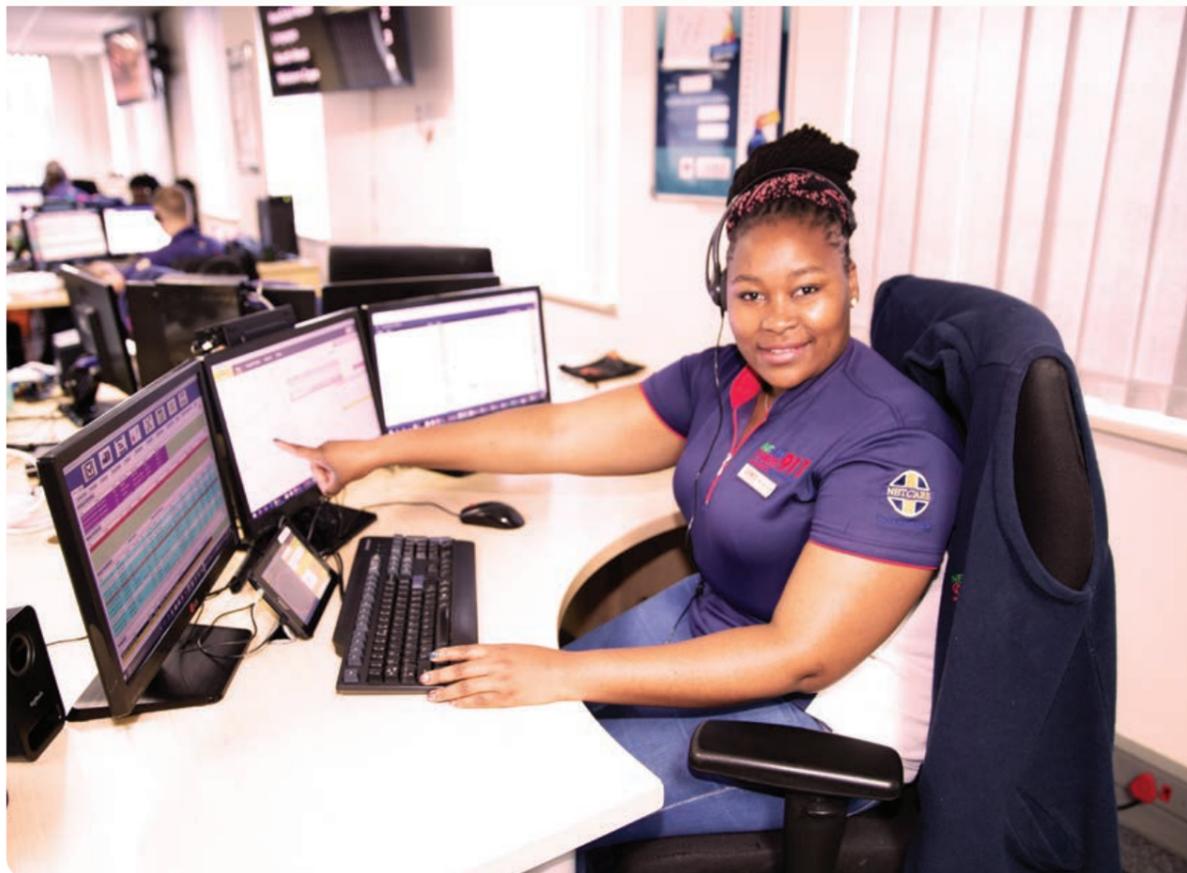


02 Netcare Mobile Smart Phone Application

The first 60 minutes following a medical emergency is often called the golden hour because it is the window where appropriate pre-hospital emergency care can impact a patient's outcome.

The emergency mobile Netcare App uses smartphone technology to get you the medical assistance you need in an emergency. This potentially life-saving service is designed to reduce emergency response time, ensuring that Netcare 911's emergency medical personnel can reach you in the shortest possible time when you need them the most.

The app incorporates a GPS location feature which will provide Netcare 911 with your exact location, especially if you need emergency medical assistance for an accident or injury but don't know your exact location, are riding or walking off-road – all you have to do is call Netcare 911 from the **Netcare Mobile Smart Phone Application**, and help can be dispatched to the right place, the first time reducing response time.



03 10 tips for a safe road trip

Follow these tips to ensure that you reach your destination safely.

- 01 Have your car serviced or have a thorough vehicle inspection at an approved service centre.
- 02 Always do your research and identify emergency facilities along your route.
- 03 Save Netcare 911's number 082 911 on your phone for any medical emergencies.
- 04 Ask someone else to drive if you suffer from a health condition or take medicine that could make you drowsy. Stop often to rest and stretch your legs. Always stop in a well-lit public place.
- 05 Always have a first aid kit handy for unforeseen injuries and illnesses.
- 06 Babies and young children should always be secured in a SABS approved car seat attached to the passenger seat as recommended.
- 07 Stay connected. Be sure to pack your phone, GPS and chargers so that you can call for help if needed.
- 08 Never drive under the influence of drugs or alcohol. If you know that you will be drinking call a taxi service.
- 09 Speed kills. Stick to the speed limit and ensure that you and your passengers always wear seatbelts.
- 10 Discuss your route with family or other passengers and map it out, including regular stops.





04 Keep safe driving in wet weather

Driving in the rain can be scary and dangerous. It is important to take wet weather seriously when you are on the road. Below are ten things you can do to make driving in the rain safer.

- Ensure that your headlights and brake lights are working and working properly.
- Check the condition of your tyres.
- Do not speed and avoid hard braking or turning sharply.
- Maintain a safe following distance – this gives you time to react and avoid potentially dangerous situations.
- Ensure that your windscreen wipers are in good condition and that you can see clearly out of your windscreen.
- Switch on your headlights, especially when natural light is low. Remember, this not only increases visibility it also alerts other drivers to your presence on the road.
- Remember that you get a lot of spray from the wheels when driving behind large trucks, so keep a large following distance.
- Do not cross low-lying bridges where there is flooding, even if you think your car is capable.
- Adjust your speed to the condition of the road. Just because the speed limit might be 120km does not mean that it is safe to travel at this speed in all conditions.
- Be aware of pedestrians and animals who might run across the road to get out of the rain.



05 The dangers of drinking and driving

Any amount of alcohol in your bloodstream can affect your driving ability. The effects of alcohol vary greatly, putting you, your passengers and other drivers at risk. Safe driving requires concentration, making good judgements, and reacting quickly to situations, and alcohol hinders all of these skills.

Slow reaction time

Alcohol slows your reaction times, affecting your response to different situations.

Lack of coordination

Heavy drinking affects your motor skills like eye, hand and foot coordination – all essential for safe driving. Some tell-tale signs of reduced coordination include trouble walking, swaying, and an inability to stand straight.

Reduced concentration

Alcohol, no matter the amount, can influence your concentration. Many things require your undivided concentration when driving, like staying in your lane, your speed, other cars on the road and traffic signals.

Decreased vision

Excessive alcohol consumption can negatively affect your vision, often causing blurred vision or an inability to control your eye movement. Impaired vision affects how you judge the distance between your car and other vehicles on the road.

Inhibited judgement

Your brain controls how you judge certain circumstances. When operating a motorised vehicle, your judgement skills play an important role in how you make decisions. For instance, you need to foresee potential problems and make clear decisions if another vehicle cuts you off.





06 7 steps to performing adult bystander CPR

Recent findings demonstrate that HANDS-ONLY CPR can be as effective as conventional CPR (conventional CPR includes breaths). The American Heart Association now recommends that HANDS-ONLY CPR be used by bystanders who witness an adult suffer a collapse outside of a hospital setting.

- 01 Check for hazards around the patient, like exposed electrical wires, which can potentially place your life at risk. Only if it is safe to do so remove the patient from the hazard.
- 02 Check if the person is awake by tapping them on the shoulder and shouting loudly: "Hello, hello, are you okay?"
- 03 Check to see if the person is breathing normally. If they are, place them in the recovery position by turning them onto their side.
- 04 If the person is not responding and not breathing normally, call for help before starting CPR by contacting Netcare 911 on 082 911 or send a person to call for help and then begin CPR, beginning with chest compressions.
- 05 Place the heel of your hand on the centre of their chest between the nipples. Push hard and fast when doing compressions. Chest compressions will not harm the patient.
- 06 HANDS-ONLY CPR is done without breaths. Continue to apply continuous chest compressions.



07 Warning signs of a heart attack

During a heart attack, also called myocardial infarctions, the blood supply which normally nourishes the heart with oxygen is cut off, and the heart muscle begins to die.

What are the warning signs?

- 01 **Chest pressure, tightness and heaviness**
Most heart attacks involve pain or discomfort in the chest that lasts for more than a few minutes or goes away and comes back.
- 02 **Extreme fatigue**
A sense of unusual or extreme tiredness that lasts days or weeks can signify heart problems. These symptoms can be more common in women.
- 03 **Fainting and light-headedness**
This sensation can involve dizziness, extreme weakness or anxiety.
- 04 **Pain in shoulders, neck, jaw or arms**
Pain in one or more area.
- 05 **Nausea**
A feeling of sickness associated with your stomach can be heart-related.
- 06 **Shortness of breath**
This can occur with or without chest pain. Heart attack sufferers can have trouble breathing for no apparent reason.
- 07 **Sweating**
Breaking out in a cold sweat for no obvious reason could signal a heart attack. If this happens along with any of the other symptoms, get help as soon as possible.
- 08 **Family history**
Those with a male or female relative who have had a heart attack by 65 are considered to have a family history of heart problems and are at an increased risk.
- 10 **Medical conditions**
Those with conditions, including diabetes, obesity, and autoimmune disorders, are more likely to have a heart attack.
- 11 **Severity**
Some have mild pain, while others have more severe pain. Not all people who have heart attacks have the same symptoms or have the same severity of symptoms. Yet, the more signs and symptoms you have, the greater the likelihood is that you are having a heart attack.



08 Know the signs of a stroke

Know the symptoms of a stroke by using the acronym **BE FAST** to identify a stroke; **balance, eyes, face, arms, speech** and **time**. It could save your life or someone else's!

BE FAST

Balance – sudden difficulty maintaining balance.

Eyes – loss of sight in one eye or blurry vision.

Face drooping – weak facial muscles often cause one side of the face to droop.

Arm or leg weakness – weakness in one or more arms or legs and possible numbness down one side of the body.

Speech difficulty – slurred words, the use of incorrect words or no ability to speak at all.

Time - Call Netcare 911 on 082 911 and get to the hospital immediately. Every second counts!

Cincinnati Pre-hospital Stroke Scale

1. FACIAL DROOP: Have patient show teeth or smile.



Normal: both sides of the face move equally



Abnormal: one side of face does not move as well as the other side

2. ARM DRIFT: Patient closes eyes & holds both arms out for 10 sec.



Normal: both arms move the same or both arms do not move at all



Abnormal: one arm does not move or drifts down compared to the other

3. ABNORMAL SPEECH: Have the patient say "you can't teach an old dog new tricks."

Normal: patient uses correct words with no slurring

Abnormal: patient slurs words, uses the wrong words, or is unable to speak

INTERPRETATION: If any 1 of these 3 signs is abnormal, the probability of a stroke is 72%.

The Cincinnati Prehospital Stroke Scale is a system used to diagnose a potential stroke in a pre-hospital setting. It tests three signs for abnormal findings which may indicate that the patient is having a stroke. If any one of the three tests shows abnormal findings, the patient may be having a stroke and should be transported to a hospital as soon as possible.



09 Preventing drowning

It only takes a moment for a child or a weak swimmer to drown – less than the time it takes to reply to a text. Death or injury caused by drowning happens every day in the sea, pools, hot tubs, rivers, streams, bathtubs, buckets, and the toilet.

- If a child is missing, check the water immediately. Seconds count to prevent death or injury.
- Always have a first aid kit handy for unforeseen injuries and illnesses.
- Know what to do in a water emergency, including how to help someone in trouble.
- Never swim if you have consumed alcohol or taken drugs.
- Never swim alone, and ensure children only swim when supervised by a sober adult who can swim.

Water safety tips

- Do not dive into the shallow end of a swimming pool or any water source where you cannot see what is below the surface.
- Make sure your swimming pool is covered with a net or enclosed with a SABS approved fence to prevent children from falling in.
- Be aware that small children can drown in very small amounts of water like buckets, toilets, bathtubs, fish ponds, water features and jacuzzies and the necessary precautions.



Swimming in the sea

Remember that swimming in the sea is not the same as swimming in a pool!

- When at the beach, swim near a lifeguard.
- Always swim between the red and yellow flags and obey warning signs and instructions from the lifeguards.
- Avoid the ocean if it is choppy and the water is murky.
- Be mindful of the warning signs that may indicate dangerous swimming conditions like strong currents, sharks or contaminated water.
- If you are pulled out to sea, stay calm. Save your energy and allow the current to carry you. Swim parallel to the shore, float or tread water until you are out of the rip current.
- Stay hydrated, do not wait for thirst to set in. Drink as much water as needed as the heat and sun will dehydrate your body quickly.
- Do not make use of floatation devices such as an inflatable bed or noodle unless you can swim properly. Do not rely on them to keep you afloat at sea.
- Stay sober at the beach, as alcohol will impair your judgement, and alcohol also dehydrates you.
- Do not dive into water where you cannot see the bottom. You could easily injure yourself doing so in the sea as well.
- Do not be ashamed to call for help if you are in trouble. Even the best swimmers can run into difficulties. Signal a lifeguard as soon as possible. In the interim, stay calm.



10 Car seat safety

Infant car restraint (birth - 9 months / 0-10 kg)

These seats must face the car's rear at all times. In the case of a collision, the impact will be on the seat and not the baby. The baby must be secured with a three-point adult seat belt. The baby must be securely held in the seat by the harness.

Child car restraint (birth - 5 years / 0-18 kg)

These seats should face the car's rear until the infant is ± 10 kg or nine months old. The seat can then be turned around, facing forward. Methods of installation vary from seat to seat. Some could be used with three-point adult safety belts, lap belts or special anchorage straps.

Booster seats ($\pm 2-10$ years)

These safety seats are light and versatile and should only be secured with a three-point adult safety belt. They can be used in the front or back seat with an adult safety belt.

Booster cushion ($\pm 3-10$ years / 15-36 kg)

These cushions are used when children have outgrown the seats mentioned above. This seat will help position the seat belt and should be used until the child has grown sufficiently to wear a seat belt, usually at ± 7 years. All child restraints sold in South Africa must comply with compulsory specifications





11 Lightning safety

South Africa is one of the highest lightning ground strike areas. The primary risk factor remains not reacting to the threat of a lightning strike in time. Remember to **LOOK** and **LISTEN** for the approaching thunder. **STOP** your outdoor activity immediately and find shelter. A car can be a good shelter. Close your windows and do not touch any metal parts of your car.

Lightning strike prevention

- Avoid being outside during thunderstorms.
- If you hear thunder, you are in range of a lightning strike – seek shelter immediately.
- Avoid contact with any conductive material like computers and landline phones.
- Do not carry metal objects like golf clubs or fishing rods.
- Avoid being in or near water during a thunderstorm.
- Avoid elevated areas and tall objects like trees or hills.
- Wait at least 30 minutes after the last lightning strike before resuming outside activities.
- Avoid handwashing dishes or showering as lightning can travel through plumbing.



12 Stay safe in the sun

The sun's rays are dangerous for your skin. Unless you get burned, you might not see it straight away, but the sun gives you wrinkles and age spots and is the top cause of skin cancer.

- Limit your exposure to the sun, especially between 10:00 AM and 3:00 PM, as this is when the sun's ultraviolet rays are the most damaging.
- Cover up with loose-fitting, long-sleeved shirts and long trousers to protect your skin.
- Wear a wide-brim hat and sunglasses which meet safety standards for exposure to the sun's rays.
- Always wear sunscreen with a high sun protection factor (SPF) when outdoors and reapply every two hours.
- Be especially careful of cool and cloudy days as you can still burn.
- Stay hydrated by drinking as much water as needed because the heat and sun dehydrate you.
- Eat food that contains a significant amount of water, like grapes and watermelon.
- Take a cool shower if needed to reduce your body temperature.
- Always have a first aid kit handy for unforeseen injuries and illnesses.





13 What to do to avoid accidental poisoning

Curious children can lead to unforeseen and potentially dangerous situations. Greater awareness is needed, not only for the parents of small children.

What can you do to avoid accidental poisoning?

- Store poisonous or toxic items in cupboards with safety locks, including medicine, household chemicals, cleaning products, alcohol and gardening pesticides.
- Keep handbags, shopping bags and hand sanitiser out of reach.
- Make sure that visiting guests' medicine is out of the reach of small children and stored away.
- Choose child-proof medicine packaging where possible.
- Never store anything not meant for human consumption in packaging associated with food and drink. Keep cleaning packaging in its original packaging.
- Never tell children that medicine is a sweet or a cool drink.
- Curious children might look through your luggage when travelling, be aware of this.
- If you have any reason to suspect accidental poisoning, do not wait for symptoms to develop. Rather, seek medical treatment urgently.



14 Stay safe around wild animals

Summer is the busiest time for South African national parks which means run-ins with animals will increase along with emergency room visits. Lions, elephants, for example, are animals to watch out for, but it is the small mammals that often pose the biggest threat.

- Keep your distance from wild animals.
- Be aware of your surroundings when you are in nature.
- Maintain a safe distance from riverbanks.
- Consider wearing protective gear like snake protection gear.
- Always have a first aid kit handy for unforeseen injuries and illnesses.
- Avoid animals that are behaving strangely.
- Be aware of cubs as they can easily injure you, and their mothers will be nearby to protect them from harm – reacting to anyone or anything that might pose a threat.
- Teach your children about safety around animals.
- If you are going on game drives, discuss your route with family and other passengers as well as map it out.
- Always stay connected by packing a phone so that you can call for help if needed.





15 COVID-19 (Coronavirus)

Have you in the last 14 days:

- Been to an area where there has been a confirmed outbreak of COVID-19?
- Been in close contact with someone who may have/or has been confirmed to have COVID-19?
- Cared for a person who may have/has COVID-19?

Have you in the last 14 days:

Fever
Coughing
Shortness of breath

What to do?

- Immediately contact a healthcare worker.
- Quarantine for 14 days to avoid making other people sick.
- If you live in a space that does not allow you to quarantine, wear a mask and limit contact with others,

How to limit your risk of exposure and transmission of COVID-19

The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air and quickly fall on floors or surfaces. You can be infected by breathing in the virus if you are within close proximity of someone who has COVID-19 or by touching a contaminated surface and then your eyes, nose or mouth.

- Wash your hands frequently with warm water and soap and towel them properly or use a sanitiser.
- Avoid close contact with anyone who is coughing, has a chest infection and/or a fever. Clean your hands after direct contact with ill people or their environment.
- Avoid touching your face, mouth and eyes with your hands.
- Stay at home when you are sick and try to keep a distance, and limit contact with others at home.
- Avoid direct, unprotected contact with farm or wild animals or visiting places where live animals are sold.

- Avoid eating raw or undercooked animal products and be careful when handling raw meat, milk or animal organs to prevent potential cross-contamination with uncooked foods.
- Wear a mask if you are coughing or sneezing to protect others from becoming infected.
- Cover your mouth and nose with a tissue or a flexed elbow when coughing or sneezing.
- Clean and disinfect frequently touched objects and surfaces.

How to properly wash your hands

Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs. Whether at home, at work, travelling, or out in the community, washing with soap and water or using sanitiser can protect you and your family. It will also keep you healthy and prevent the spread of respiratory and diarrheal infections. Remember that germs can spread from people and surfaces.

Wash visibly soiled hands with soap and water, otherwise use alcohol-based hand rub. Wash your hands for 40-60 seconds using the steps below:

- 01** Wet hands with water. Apply enough soap to cover all hand surfaces.
- 02** Rub hands palm to palm.
- 03** Rub left palm over back of right hand with interlaced fingers and vice versa.
- 04** Palm to palm with fingers interlaced.
- 05** Backs of fingers to opposing palms with fingers interlocked.
- 06** Rotational rubbing of left thumb clasped in right palm and vice versa.
- 07** Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa.
- 08** Rinse hands with water.
- 09** Dry hands thoroughly with a single use paper towel.
- 10** Use the paper towel to turn off the tap.

Source: NDoH. Practical manual for implementation of the National Infection Prevention and Control Strategic Framework. 2020
Adapted from the Infection Control Society of South Africa (ICSSA) and World Health Organization (WHO) and sponsored by the Knowledge Translation Unit (KTU).
Pires, D., Bellissimo-Rodrigues, F., Soule, H., Gayet-Ageron, A., & Pittet, D. (2017). Revisiting the WHO "How to Handrub" Hand Hygiene Technique: Fingertips First? Infection Control & Hospital Epidemiology, 38(2), 230-233. doi:10.1017/ice.2016.241

Once dry, your hands are safe.



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Providing YOU with the best and safest care.



NETCARE