



COVID 19



Rc1602663

HEALTHCARE FITNESS NEWSLINE



How much protection do face mask offer

No one wants to get sick. During [pandemics](#)—or even just normal flu season—that desire to avoid the ill and infirm shoots up, and we start taking extra precautions. But if you only do one thing to keep yourself from catching a virus, don't let it be wearing a face mask.

It's not so much that face masks are completely ineffective. In theory, they do work to:

- [Prevent sprays of virus-laden fluid from entering your nose and mouth](#)
- They provide a great reminder not to touch your face, which is a common route of transmission.
- They help keep those same infected fluids inside your mouth and sinuses, which helps keep other people around you healthy.
- Can reduce your risk of getting respiratory illness
- The closer you work with the person, the more likely the mask is to work as a physical barrier

Certainly some viruses travel well through the air in aerosolized droplets, but you'd need to be in close proximity of a sick person sneezing or coughing for that to happen. On the other hand, you shake hands with a person or touch things that a sick person has recently touched quite often, even without realizing it.

You also touch your face roughly [52 times every day](#), and every time you do you carry infectious agents from whatever you just touched to the region around your nose and mouth. From there, those bacteria or viruses can get into your mucous membranes and cause disease.

It's for this reason that [the World Health Organization doesn't suggest using surgical masks](#) alone as a method of prevention. When used in conjunction with frequent hand-washing—[the gold standard of disease prevention](#)—they can be effective. But alone, they won't do much, though they might do something.

Household surfaces. In a study by the U.S. National Institutes of Health (NIH), researchers found that the virus that causes COVID - 19 can live up to four hours on copper, up to 24 hours on cardboard, and up to three days on stainless steel and plastic surfaces. Regularly clean and disinfect commonly touched household surfaces - such as tables, countertops, doorknobs, light switches, toilets, faucet handles and sinks.

[Let's practice "gold standard of disease prevention"](#)



MANAGING WORK RELATED STRESS.

STRESS simply means reaction to a conflicting situation to the body system.

Work Related Stress - implies there is a conflict between physical and emotional strength and job demands on the employee, negatively affecting amount of control an employee has over meeting these demands.

Is Work Related Stress an Organizational issue?

The productivity of a company depends largely on the healthy workforce and therefore important for Employers of labour to recognize work related stress as critical as safety measures. Safety and less stress working environments should systematically function side by side for the Organization to drive its desired results in all the well-articulated safety process bearing in mind that it's the same Employee that will deliver the major part of the safety procedures.

What is the effect of stress on Employee and Productivity?

Gradually, - the body increases blood pressure, respiration, heart rate, metabolism and blood flow to the muscles on daily basis which now weakens the employee body system to perform at best, leading to decrease in performance behavior irrespective of the number of hours worked. Sometimes, these harmful effects are psychological discernible on the employee.

TIPS FOR MANAGING STRESS AT WORK

- Sharing your stress experience with someone close to you – can lift off the weight from your shoulder regaining your sense of courage.
- Ask for support from your co-workers.
- Create time for regular exercise especially group weekend workout
- Avoid smoking, nicotine or food intake with caffeine and high levels of **chemical preservatives** - they are powerful stimulant that may increase anxiety.
- Do not skip your sleep. Skimping your sleep may interfere with your day time ability to concentrate at work - aim at 8 hours night sleep.
- Be proactive about your job description and let your Boss or Employer know about specific conditions impacting on your performance rather than complaints, there may be incentives to grant you relief to regain control over your job and career.
- Take time off – if you have not gone on vacation, request and take a complete break from work

Time management tips for reducing job stress

- **Leave earlier in the morning** even 10-15 minutes can make the difference to ease into your day.
- **Plan regular breaks** – making short breaks to take a walk, chat with friendly Associates - helps to relax, refresh and create more pleasant atmosphere.
- Learn to create quite time completely not working or thinking about work preferable weekends.
- Avoid over scheduling yourself - try to distinguish between "shoulds" and the "must" drop task that aren't really necessary to the bottom of the list or eliminate them entirely.

Task management tips for reducing job stress

- Break large projects into small groups. Focus on one manageable steps at a time rather than taking on everything at once.
- Delegate responsibility - let go the desire to control every little step; you will be letting go unnecessary stress in the process.

Check some habits that contribute to workplace stress

- **Flip your negative thinking**, try to think positively about your work and pat yourself on the back about small accomplishments, even if no one else does, you will find job stress easier to handle.
- **Don't try to control the uncontrollable.** Focus on the things you can control.
- **Look for humor in the situation**, when used appropriately, humor is a great way **to relieve stress in the workplace.**
- **Clean up your act.** If your desk or work space is a mess it can worsen job stress situation.

Be willing to shift grounds, sometimes, if you and a co-worker or boss can both adjust your expectations a little, you'll be able to find a happy middle ground that reduces the stress levels for everyone.

EMPLOYERS ROLE IN MANAGING STRESS AT WORK PLACE

- The first step is to act as a positive Role Model.
- Remain calm in stressful situations, avoid queries and warnings; it's much easier for employees to improve on their situation.
- Identify specific factors that make employee job stressful
- Sharing information with employees that can reduce uncertainty about their jobs and future
- Respect the dignity of each employee and establish zero tolerance policy for harassment.
- Avoid impression that certain personnel are favoured.
- Eliminate unrealistic deadlines - making sure that workloads is suitable to employee's abilities and resources.
- Clarify employee expectations - clearly define roles, responsibilities and goals.
- Ensure that management actions and decisions are fair and consistent with organizational values.
- Offer rewards and incentives – praise work accomplishments organization wide.
- Provide opportunities for social interaction among employees.
- Offer training opportunities both in house and external. Training and retraining of old and experienced employees might be better than firing and hiring new ones.

STAY SAFE HEALTHY & FIT

In our next edition our first page story will be COVID - 19 Antibody test, our second page will be on minimizing road accidents and defensive driving
For your comments and contributions: info@hcpmho.com, www.hcpmho.com, 09015182070