



COVID-19 SAFETY POLICY

EHRA commits to upholding the most rigorous standards and safety precaution to prevent the outbreak and spread of the COVID-19 virus.

Firstly, we would like to assure all international travellers that all staff have been trained in the measures outlined below and that Namibia has had very high standards and restrictions in place since the first case was reported in the country.

Namibia is a vast country, and we have space on our side! Social distancing while on the project is simple!

Please read further and let us know if you have any further questions or concerns.

Arrival in country:

Airport Shuttles are used to collect volunteers from the airport and take them to their accommodation in Swakopmund. All transfer services are to adhere to strict guidelines from the Namibian Tourism Board.

- In the bus there must be a spare seat between each passenger, for a Toyota Quantum, this is a total of 8 people.
- Hands must be sanitised each time passengers embark on the bus (including after rest stops).
- Masks must be worn, and spare masks will be available for purchase on all transfer vehicles.
- Vehicles are sanitised thoroughly before and after each trip.

Accommodation at guesthouses in Swakopmund:

- ✓ You will be required to complete a medical and travel declaration upon check-in
- ✓ Guests temperature will be taken every morning
- ✓ Sanitiser available throughout the accommodation
- ✓ All surfaces to be regularly sanitised
- ✓ Maximum guest numbers will be adhered to
- ✓ Group check-ins to be prearranged
- ✓ Cleaning of vehicles
- ✓ Magazines and marketing materials to be removed from reception and lounge areas
- ✓ Only empty rooms will be cleaned; staff will otherwise not enter rooms.
- ✓ Heightened cleaning measures will be in place.

On the EHRA Project

COVID-19 Staff Officer:

There will be two appointed members of the EHRA Field team who will be responsible for the correct implementation of the policy.

Community:

It is our utmost concern to protect Namibians living in the areas where we operate. For this reason, it will be compulsory to wear masks when interacting with communities and to be seen using hand sanitiser at all times. Where possible, we will prevent interactions with community members, for their safety, during this time.

EHRA vehicles:

Cars need to be cleaned every lunchtime and evening by a member of staff wearing a mask.

Clean:

- Door handles
 - Frame
 - Seats
 - Door locks
 - Steering Wheel
 - Car keys
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- ✓ Volunteers or PEACE Project participants are to choose a seat and keep to this for the entire duration of their time with EHRA.
 - ✓ Spare masks and sanitiser will be available in all vehicles.
 - ✓ Volunteers are required to bring masks/buffs and enough hand sanitiser with them for their duration in the country.
 - ✓ There needs to be one spare seat between each passenger, but two people can travel in the front of a car, this applies to game drive vehicles as well as closed vehicles.

Food handling and preparation:

It is very unlikely that you can catch the Coronavirus from food.

COVID-19 is a respiratory illness. It is not known to be transmitted by exposure to food or food packaging.

Although it is very unlikely that Coronavirus is transmitted through food, as a matter of good hygiene practice, anyone handling food should wash their hands often with soap and water for at least 20 seconds. This should be done as a matter of routine, before and after handling food, and especially after being in a public place, blowing their nose, coughing, or sneezing.

- ✓ Volunteers will be issued with an eco bag which will contain their own plate, cup, bowl and utensils to be used for the duration of their time with EHRA.

- ✓ Each volunteer will be responsible for washing up their own items.
- ✓ Volunteers temperatures to be taken each morning with a digital thermometer by EHRA staff.

Wash and sanitise your hands:

- ✓ When you are about to start prepping food
- ✓ Before touching raw food
- ✓ After touching rubbish bins
- ✓ After cleaning up
- ✓ After blowing nose
- ✓ After touching phone
- ✓ Drip dry hands

Cleaning around camping sites:

- ✓ Disinfect with DETTOL or BLEACH all surfaces you use to cook on, whether that is a table or the back of the Landcruiser after each meal preparation.
- ✓ Disinfect with DETTOL or BLEACH the toilet seat and zip on the toilet tent after each use. There will be a spray to use and please dry the toilet seat with toilet paper.
- ✓ Clean the handwashing station regularly and after heavy use, i.e. after finishing build for the day or lunchtime, make sure DETTOL is always added to the water.
- ✓ Clean the cooler boxes and fridges after breakfast lunch and dinner or each use.
- ✓ Clean the boxes are being used
- ✓ Clean the dustbin lid where touched.
- ✓ When packing and handling food, ensure your hands are sanitised before and after and minimise the number of people handling food.

Camping:

- ✓ Ensure volunteers or PEACE Project participants have masks and wear these when relevant, especially when entering villages and schools and ask to sanitise hands before and after visits.
- ✓ EHRA Staff to take temperatures each morning and before departing to camp.
- ✓ Make washing facilities available for people to disinfect and wash their masks.
- ✓ Make tents available for people to sleep alone.
- ✓ If sleeping out and on the platform, people must be at least 1.5m away from each other.

Symptoms to look out for:

Most common symptoms:

- fever
- dry cough
- tiredness

Less common symptoms:

- aches and pains
- sore throat
- diarrhoea
- conjunctivitis (eye infection)
- headache

- loss of taste or smell
- a rash on the skin, or discolouration of fingers or toes

Serious symptoms:

- difficulty breathing or shortness of breath
- chest pain or pressure
- loss of speech or movement

What will happen if someone is suspected of having the virus:

- Isolate the person
- Bring to a medical facility with an open vehicle.
- The rest of the team must remain isolated with each other until a result is gained.
- More information on the correct protocol will be updated when the borders are open and the Namibian Government has put procedures in place.