COVID-19 CONTENT CATALOGUE

iLearn®

MEDICAL INFORMATION

- What is the Coronavirus (COVID-19)?
- Symptoms of the Coronavirus (COVID-19)
- Origins of the Coronavirus (COVID-19)
- Risk factors of the Coronavirus (COVID-19)
- Treating the Coronavirus (COVID-19)
- How is the Coronavirus (COVID-19) spread
- Top tips for preventing the Coronavirus (COVID-19)
- Tips to prevent infection for high risk people
- What is the qualifying criteria to get tested for COVID-19
- What to do if you suspect you have the Coronavirus (COVID-19)?

GENERAL INFOMATION

- What do I do if I've traveled to a country that has the Coronavirus (COVID-19)?
- If I have traveled should I get tested for the Coronavirus (COVID-19)?
- If I have the Coronavirus (COVID-19), will I die?
- How to wash your hands - Coronavirus (COVID-19)
- How do I keep myself safe from the Coronavirus (COVID-19)?
- How can I get infected with the Coronavirus (COVID-19)?
- How to prevent being infected with COVID-19
- Self-isolation vs quarantine - What is the difference?
- Top virus fighting tips to keep your body healthy.
- What happens if I test positive for Coronavirus (COVID-19)?
- What is social distancing?
- What to do if you don't have hand sanitiser?
- How does COVID-19 make you sick?
- How to wear a mask correctly!

COVID-19 vs FLU

- Can the flu vaccine protect me against COVID-19?
- Can you spread COVID-19 if you are asymptomatic - (infected with no symptoms)?
- Coronavirus (COVID-19) vs Flu - What's the difference?
- Difference between a wet cough and dry cough
- Why South Africans need to take the flu vaccine more seriously
- Why children need to be vaccinated for influenza
- Why is it important to have the flu shot with COVID-19 circulating?

LIFESTYLE INFOMATION

- How parents should engage with their children on COVID-19
- Coronavirus (COVID-19) Home hygiene tips
- How can the NICD hotline help me?
- How cellphones are spreading the COVID-19 virus
- How dangerous is it to be in gatherings?
- How to minimise risk of COVID-19 in the workplace
- How to monitor yourself for symptoms of COVID-19
- How to self-isolation at home - Everything you need to know

MYTHS AND FACTS

- Myth - Taking a hot bath prevents COVID-19
- Myth - The heat and the sun kills COVID-19
- Myth - Thermal scanners can detect people with COVID-19?
- Myth - Vaccines against influenza can protect against COVID-19
- Myth - You should not use anti-flammatories if you have COVID-19
- Myth - You can get infected from a package sent from China
- Myth - COVID-19 can be transmitted through mosquito bites
- Myth - COVID-19 is the most dangerous virus
- Myth - COVID-19 is the same as SARS Coronavirus
- Myth - Eating garlic can kill COVID-19
- Myth - Gargling with salt water or apple cider vinegar can kill COVID-19
- Myth - Getting COVID-19 is a death sentence
- Myth - Getting tested for COVID-19 is expensive
- Myth - Hand dryers are effective in killing COVID-19
- Myth - Spraying your body down with alcohol or chlorine or swallowing bleach can kill the virus

WORKPLACE WELLNESS

- Tips for managing employee concerns during the COVID-19 lockdown
- What happens to employees when businesses are closed due to COVID-19
- Which labour laws have changed due to COVID-19
- Working from home - How are you protected as an employee?
- How are employees protected during the COVID-19 lockdown?
- How to keep your employees safe from the Coronavirus (COVID-19)?

MENTAL HEALTH SUPPORT

- How sharing negative information on COVID-19 can affect those reading it
- How to be mindful of information about COVID-19 on social media
- How to be more mindful during the COVID-19 lockdown
- How to cope with cabin fever during the COVID-19 lockdown
- How to keep your children calm during the COVID-19 lockdown
- Managing anxiety during self-isolation COVID-19 lockdown
- Mental health support for COVID-19 patients in hospital
- Supporting loved ones living alone during the COVID-19 lockdown
- Tips on what to do during the COVID-19 lockdown
- Tips to mentally prepare for the COVID-19 lockdown
- What to expect emotionally during the COVID-19 lockdown
- Explaining the stigma around COVID-19