



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



Faculty of Health Sciences Life Changers

June 2020

From the Deans Desk

Pay It Forward: Now more than ever we are reminded that we have a role to play in order to overcome the invisible enemy. We all need to "Pay it forward".

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Alumnus Creates CoronaFighter platform

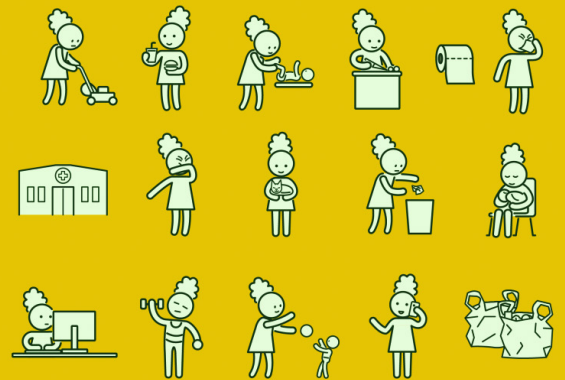
Faculty of Health Science's alumni Dr Jarred van Zuydam has helped create and develop a web-enabled app which allows South Africans track their symptoms of COVID-19 through a simplified automated self-monitoring process.

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UP Family Medicine Our Health is in our Hands

The Department of Family Medicine at the University of Pretoria (UP) has developed a series of animated videos that aim to educate the public about COVID-19.

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Faculty of Health Sciences raises awareness about Mental Health on CrazySocks4Docs Day

On 29 May 2020, the Faculty of Health Sciences participated in the annual CrazySocks4Docs Day to raise awareness about mental health amongst health care workers.

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Face masks during exercise: UP experts weigh in on what you should consider when deciding

Two University of Pretoria researchers Professor Christa Janse van Rensburg, Head of Sports Medicine in the Faculty of Health Sciences, and Dr Jessica Hamuy Blanco have offered useful tips to gym bunnies and sports enthusiasts hoping to get back into action as the world adjusts to a new normal caused by the COVID-19 pandemic.

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Life Changers
Fund

Life Changers Fund

The Faculty of Health Sciences has established the Life Changers Fund to help support students who are in need to pay for accommodation, tuition, food and procure PPE. Let's work together to help students reach their full potential.

Staff, alumni and other donors are encouraged to consider contributing to the Life Changers Fund to not only help qualify this year's cohort in the current academic year but also provide for the needs of future generations. Any contribution will ensure that no student is left behind.

View the video below for more details on how to donate then go to hsup.co.za and click on "Donate".

[CLICK TO WATCH](#)

Thank you to all of our donors who have paid it forward and helped the Faculty to make a positive impact in society.

UP welcomes donation of 600 tablet devices from Aspen Pharmacare for students' online learning

The University of Pretoria's (UP) Faculty of Health Sciences received a donation of 600 tablet devices valued at R2.4 million from Aspen Pharmacare to facilitate access to online resources for needy students. The donation will ensure that students will have access to their course material, enabling them to complete the 2020 academic year so that no student is disadvantaged.

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Incubating the cause: Nissan and UP's Faculty of Health Sciences combat COVID-19 with INTUboxes

A partnership between Nissan and the University of Pretoria (UP) that contributes to efforts to limit the spread of COVID-19 is an example of adaptability in trying times as the pandemic delays the production of vehicles. Nissan and the University of Pretoria have partnered to create and manufacture INTUboxes.

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OUTsurance donates 20 000 items of COVID-19 personal protective equipment to UP's Faculty of Health Sciences

The University of Pretoria's (UP) Faculty of Health Sciences has received a generous donation of 20 000 COVID-19 personal protective equipment (PPE) from OUTsurance to help keep healthcare workers safe during the COVID-19 pandemic.

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UP's Faculty of Health Sciences receives 15 bakkies from Isuzu in fight against spread of COVID-19

The Faculty of Health Sciences at the University of Pretoria accepted delivery of 15 Isuzu D-MAX bakkies in April 2020 which have been used to assist with the transportation of personal protective equipment and medical supplies to support community health workers responding to the COVID-19 pandemic.

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COVID-19

Returning To Campus

As restrictions ease it is important that staff and students understand the importance of staying safe and adhering to the rules and regulations. Please take some time to watch the various videos below that will guide you on how to maintain social distance, the correct way to clean your hands using alcohol-based hand rub, washing your hands using antimicrobial soap and water, wearing your cloth face mask correctly, wearing and taking care of your face shield, how to safely don your N95 respirator and PPE.

The Executive of the University of Pretoria (UP) recently approved a new policy on Occupational Health and Safety (OHS). The policy outlines UP's approach regarding compliance with the Occupational Health and Safety Act (Act 85 of 1993). To download rules and regulations please click on this link **[Occupational Health and Safety \(OHS\)](#)**.

Essential COVID-19 Videos (Click icons to View)



Doffing Your PPE



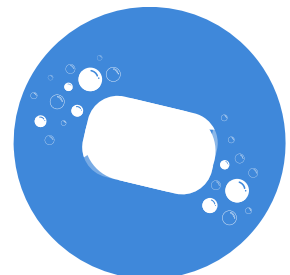
Social Distancing



Hand Hygiene:
Alcohol-based Rub



Donning Your PPE



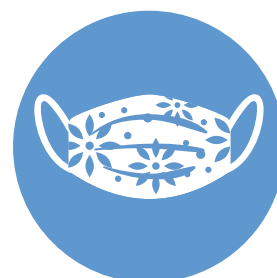
Hand Hygiene:
Antimicrobial Soap



How to Don Your
N95 Respirator



How To Wear a
face shield



How To Wear a
Cloth Mask

Please contact a medical doctor or the UP 24-hour crisis line (0800 0064 28 or 012 420 2310) should you feel ill or suspect that you may have been exposed.

You can also call the National Institute for Communicable Diseases on 0800 029 999.

For more information visit (click to view):

- [World Health Organization](#)
- [National Institute for Communicable Diseases](#)

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