

## Tips to Keep Communication Devices and its Users Safe from Coronavirus

*“Disinfect your mobile phone or earpiece regularly. Disinfecting them helps to protect you from COVID-19, just as washing your hands and using hand sanitisers”*



Almost all of us use one type of communication device or another. It could be a mobile phone, TV set, radio set, laptop, tablet, etc. With the presence of the COVID-19 pandemic, it is possible to have your communication device infected. You can however reduce your chances of being infected or spreading COVID-19 through your communication devices by taking some simple precautions:

1. Use disinfecting wipes or similar solution with 70% alcohol to “gently” clean your devices. Remember these devices are frequently used and are most of the time placed on surfaces of tables and other objects and most often placed on the face and ears.
2. Do not apply liquid solution directly to your phone. Apply the solution to a microfiber cloth and or tissue instead and clean the device with the cloth or tissue.
3. Do not use bleach or anything abrasive in cleaning devices.
4. Do not submerge your devices in any cleaning solution as it may damage your devices.
5. Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
6. Avoid sharing your communication devices with others because an infected

person can pass on the virus to you through shared devices such as mobile phones, earpieces, etc.

7. Before disinfecting your device, make sure your phone is switched off and unplugged from a power source.
8. Maintain at least 1 metre (3 feet) distance between yourself and others when talking or using a communication device. Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth

which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.

9. Avoid going to crowded places such as customer care centres unless you have to. Staying away from crowds or enclosed spaces helps prevent the spread of COVID-19.
10. Make use of the customer care line 100 to contact your network service providers.

### KEEP YOUR COMMUNICATION DEVICES AND ACCESSORIES SAFE FROM CORONAVIRUS



#### COVID-19 TIP

**Disinfect your devices and accessories with the appropriate disinfectant.**



**Remember these devices are used often and some are placed on the face after touching or using the device.**



# Protecting your Children while they are Online

## What is child online protection?

Many people are using the internet these days. In these unusual times where kids are spending more time at home without going to school, they are likely spending time watching their favourite cartoons on television or the internet. Child Online Protection (COP) is simply the total approach to respond to all possible threats and harms children and young people are likely to encounter while they are online. COP was launched by the main United Nations agency for Information Communication Technology (ICT), the International Telecommunications Union (ITU).

## Important Tips to Note to protect your children while they are online

It is everyone's responsibility to protect children from all sorts of harm while they are online. These are a few tips the ITU has compiled to help parents and guardians to protect young users while online. Some of the tips are for parents and guardians; others are for teachers and other educational workers.

### Tips for Parents and Guardians

1. Talk to your children – try and go online with them so you see what they like to do online.
2. Know the devices your children have and use. This way, you will know what each device can and cannot do and whether it is okay for your children to have certain devices.
3. Think about blocking some particular websites that may not be ideal for your children to visit.
4. Set rules on internet usage at home.

For example, determine how early your children should start using the internet, or how long do they stay logged online.

5. Be aware of the online and mobile services used by your children. Not all of them may be suitable for them.
6. Do not give access to your children to use your credit cards online without supervision.
7. Know how to report problems online.
8. Be mindful of inappropriate or misleading advertisements.
9. Create a culture of support in the home so that children and young people feel to seek support. Do not let your children be afraid to report issues they find online with you.

10. Educate children about the dangers of engaging with strangers online.

11. Children should be taught not to share important information such as where they live, their birthdays, etc to strangers online.

12. Ensure children and young people understand what it means to post photographs on the internet.

### Tips for Teachers and Other Educational Workers

1. Ensure that all devices are secure and password protected.
2. Install anti-virus software and firewalls.
3. Ensure that there is a policy which details how technology can be used.
4. Consider how to manage and store the images and other personal details of pupils.
5. Ensure that the Internet feed provided by the school is filtered and monitored.
6. Raise awareness of the importance of digital footprint and online reputation.
7. Recognise the importance of professional online communication with pupils, parents and other stakeholders.
8. Understand the risks and benefits that pupils can be exposed to when they go online.

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**CHILD ONLINE PROTECTION TIPS**

- Make your child anonymous online
- Protect your child from online ID theft
- Help Them Adjust Their Privacy Settings



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#### Credit:

Executive Summary Guidelines for parents and educators on Child Online Protection 2020 (International Telecommunications Union (ITU))





## CHILD ONLINE PROTECTION TIPS



**Check  
your child's  
browser history  
frequently**

**Install an  
antivirus  
solution on  
your kids'  
devices**

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## Be Cyber Safe

Since the COVID-19 pandemic broke out, a lot of businesses and services have moved online. While this is mostly great news, we need to celebrate with caution.

Yes, you may be happily moving around in cyberspace, schooling, entertaining, checking your health, exercising, shopping and doing other things. While it may seem harmless, there are other people also trawling through cyberspace to see who and how they can impersonate, steal from and have a field day. Obviously, you do not want to be in this category of victim but what can you do about it? You can do a lot and we bring a few tips to keep you safe:

*Do have discussions with your family or users about what is allowed and not allowed on computers. When people do not understand issues or dangers they make unnecessary mistakes.*

1. Create separate accounts so every member of your household logs in differently. If one person makes a mistake or is hacked, it can affect others. If you work and have sensitive files you do not want the activity of others to likely compromise these.
2. Have discussions with your family or users about what is allowed and not allowed on computers. When people do not understand issues or dangers they make unnecessary mistakes. Children and even less skilled person in a household may make mistakes.
3. Use trusted WiFi and networks, especially when doing sensitive



banking and school transactions.

4. These days, data bundles do not expire so use your phone or network for sensitive transactions.
5. Use legitimate sources of websites for video, software and other digital items. It is tempting as there is much boredom so people look to websites and strange sites for entertainment and downloads. If necessary, make a separate account or use an old phone or computer with separate credentials for this.
6. Install some antivirus or security tool and watch out for phishing and other tricks used by hackers to take your information. There are free cyber hygiene courses and seminars online so make a point to take one. If you have children, you can even have a condition to go through a tutorial before using computers. When you are aware, you will not fall for scare tactics or promises of money or entertainment.

## KEEP YOUR COMMUNICATION DEVICES AND ACCESSORIES SAFE FROM CORONAVIRUS

### HOW TO DISINFECT YOUR DEVICE

**Use disinfecting wipes or similar solution with 70% alcohol to “gently” clean your device.**

**CAUTION**

-  Do not apply liquid solutions directly to your phone; they should be carefully applied to a microfiber cloth or tissue instead.
-  Do not use bleach or anything abrasive in cleaning devices.
-  Do not submerge your device in any cleaning solution.
-  Before starting, make sure phone is powered down and unplugged from any power sources.



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# #MaskUp

## Stay Safe

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For more Information, Contact the  
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