



THE PANDEMIC OUTBREAK COVID-19



STAY HOME STAY SAFE



PRECAUTIONARY MEASURES



ALWAYS WEAR MASK

**Avoid touching eyes,
nose and mouth**



WASH HANDS REGULARLY

**clean your hands with
an alcohol-based hand
wash**



MAINTAIN SOCIAL DISTANCE

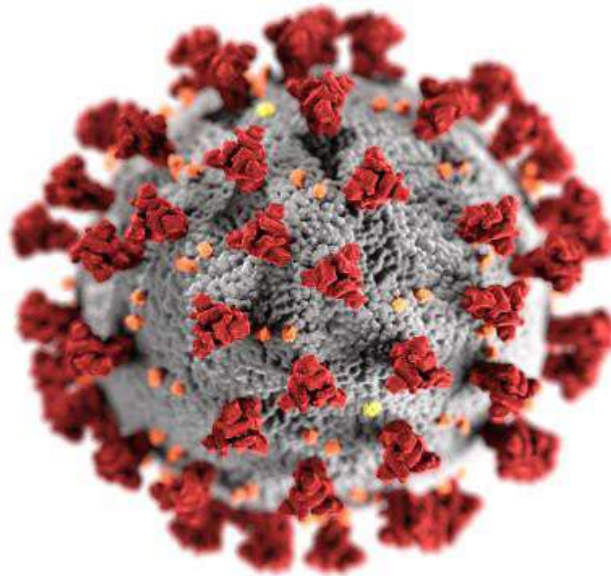
**at least 1-metre distance
from others**

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What is corona virus?

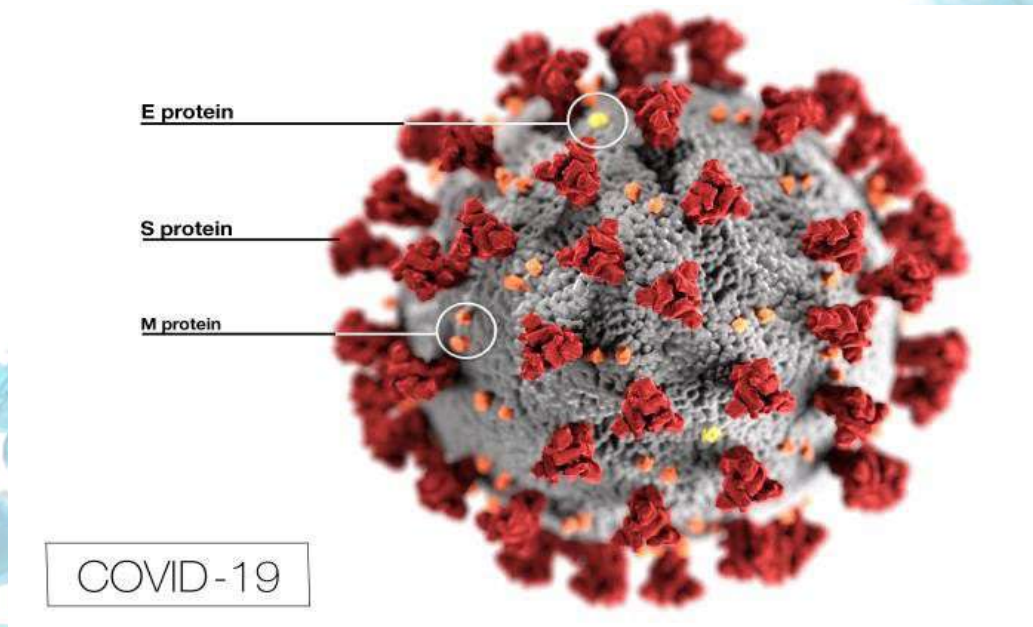
Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.



Coronavirus

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is now a pandemic affecting many countries globally.

What is corona virus?



Coronavirus

The *GRAY SURFACE* is a spherical envelope that surrounds the nucleus of the virus, containing genetic material.

ORANGE BITS are a “membrane proteins,” or M proteins, the most abundant structural protein in the virus and one that gives it form, says Eckert. These and other proteins vary from one type of virus to another, and can be used to help understand or identify one virus from another.

YELLOW BITS are envelope proteins (E proteins), the smallest of the structural proteins. They “play an important role either regulating virus replication such as virus entry assembly and release,” according to other research.

RED SPIKES These clumps of proteins (called S proteins) are “what the virus uses to gain entry into and attach to the cell,” says Eckert. They also create the effect of a halo, or corona, around the virus.

What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include aches and pains, nasal congestion, headache, conjunctivitis, sore throat, diarrhea, loss of taste or smell or a rash on skin or discoloration of fingers or toes. These symptoms are usually mild and begin gradually. Some people become infected but only have very mild symptoms.

Most people (about 80%) recover from the disease without needing hospital treatment. Around 1 out of every 5 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes, or cancer, are at higher risk of developing serious illness. However, anyone can catch COVID-19 and become seriously ill.



Man sneezing

People of all ages who experience fever and/or cough associated with difficulty breathing/shortness of breath, chest pain/pressure, or loss of speech or movement should seek medical attention immediately. If possible, it is recommended to call the health care provider or facility first, so the patient can be directed to the right clinic.

What should I do if I have COVID-19 symptoms?

If you have minor symptoms, such as a slight cough or a mild fever, there is generally no need to seek medical care. Stay at home, self-isolate and monitor your symptoms. Follow national guidance on self-isolation.

However, if you live in an area with malaria or dengue fever it is important that you do not ignore symptoms of fever. Seek medical help. When you attend the health facility wear a mask if possible, keep at least 1 metre distance from other people and do not touch surfaces with your hands. If it is a child who is sick help the child stick to this advice.



Man suffering from chest pain

Seek immediate medical care if you have difficulty breathing or pain/pressure in the chest. If possible, call your health care provider in advance, so he/she can direct you to the right health facility.

What should I do if I have come in close contact with someone who has COVID-19?

If you have been in close contact with someone with COVID-19, you may be infected.

Close contact means that you live with or have been in settings of less than 1 metre from those who have the disease. In these cases, it is best to stay at home.

However, if you live in an area with malaria or dengue fever it is important that you do not ignore symptoms of fever. Seek medical help. When you attend the health facility wear a mask if possible, keep at least 1 metre distant from other people and do not touch surfaces with your hands. If it is a child who is sick help the child stick to this advice.

If you do not live in an area with malaria or dengue fever please do the following:

- If you become ill, even with very mild symptoms you must self-isolate
- Even if you don't think you have been exposed to COVID-19 but develop symptoms, then self-isolate and monitor yourself
- You are more likely to infect others in the early stages of the disease when you just have mild symptoms, therefore early self-isolation is very important.
- If you do not have symptoms, but have been exposed to an infected person, self-quarantine for 14 days.

If you have definitely had COVID-19 (confirmed by a test) self-isolate for 14 days even after symptoms have disappeared as a precautionary measure – it is not yet known exactly how long people remain infectious after they have recovered. Follow national advice on self-isolation.

How does COVID-19 spread?

COVID-19 is mainly spread through respiratory droplets expelled by someone who is coughing or has other symptoms such as fever or tiredness. Many people with COVID-19 experience only mild symptoms. This is particularly true in the early stages of the disease. It is possible to catch COVID-19 from someone who has just a mild cough and does not feel ill.

Some reports have indicated that people with no symptoms can transmit the virus. It is not yet known how often it happens.

COVID-19 spreads mainly by droplets produced as a result of coughing or sneezing of a COVID-19 infected person. This can happen in two ways:

- *Direct close contact*: one can get the infection by being in close contact with COVID-19 patients (within one Metre of the infected person), especially if they do not cover their face when coughing or sneezing.
- *Indirect contact*: the droplets survive on surfaces and clothes for many days. Therefore, touching any such infected surface or cloth and then touching one's mouth, nose or eyes can transmit the disease.

The incubation period of COVID 19 (time between getting the infection and showing symptoms) is 1 to 14 days. Some people with the infection, but without any serious symptoms can also spread the disease.

How can we protect others and ourselves?

How can we protect others and ourselves if we don't know who is infected? Practicing hand and respiratory hygiene is important at all times and is the best way to protect others and yourself.

When possible maintain at least a 1 meter distance between yourself and others. This is especially important if you are standing by someone who is coughing or sneezing. Since some infected persons may not yet be exhibiting symptoms or their symptoms may be mild, maintaining a physical distance with everyone is a good idea if you are in an area where COVID-19 is circulating.

If you do not live in an area with malaria or dengue fever please do the following:

- If you become ill, even with very mild symptoms you must self-isolate
- Even if you don't think you have been exposed to COVID-19 but develop symptoms, then self-isolate and monitor yourself
- You are more likely to infect others in the early stages of the disease when you just have mild symptoms, therefore early self-isolation is very important.
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What does it mean to self-isolate?

Self-isolation is an important measure taken by those who have COVID-19 symptoms to avoid infecting others in the community, including family members.

Self-isolation is when a person who is experiencing fever, cough or other COVID-19 symptoms stays at home and does not go to work, school or public places. This can be voluntarily or based on his/her health care provider's recommendation. However, if you live in an area with malaria or dengue fever it is important that you do not ignore symptoms of fever. Seek medical help. When you attend the health facility wear a mask if possible, keep at least 1 metre distant from other people and do not touch surfaces with your hands. If it is a child who is sick help the child stick to this advice.

If you do not live in an area with malaria or dengue fever please do the following:

If a person is in self-isolation, it is because he/she is ill but not severely ill (requiring medical attention)

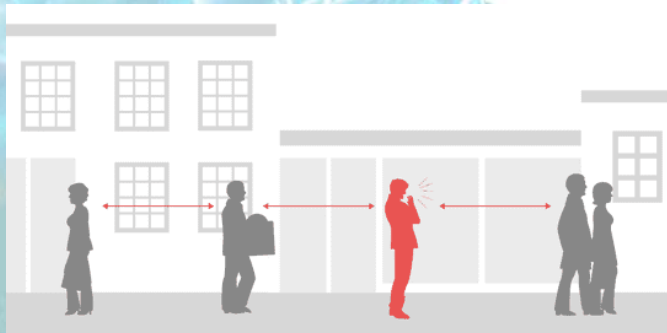
- have a large, well-ventilated with hand-hygiene and toilet facilities
- If this is not possible, place beds at least 1 metre apart
- Keep at least 1 metre from others, even from your family members
- Monitor your symptoms daily
- Isolate for 14 days, even if you feel healthy
- If you develop difficulty breathing, contact your healthcare provider immediately – call them first if possible
- Stay positive and energized by keeping in touch with loved ones by phone or online, and by exercising yourself at home.

What can I do to protect myself?

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

- Maintain at least 1 metre distance between yourself and others. 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.



- Avoid going to crowded places. Why? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 metre.

- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

What can I do to protect myself?

- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.



- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others.

Why? Avoiding contact with others will protect them from possible COVID-19 and other viruses.

- If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

- Keep up to date on the latest information from trusted sources, such as national health authorities or your local authorities. Why? Local and national authorities are best placed to advise on what people in your area should be doing to protect themselves.

Is there a vaccine, drug or treatment for COVID-19? Are antibiotics effective in preventing?

While some western, traditional or home remedies may provide comfort and alleviate symptoms of mild COVID-19, there are no medicines that have been shown to prevent or cure the disease.

We do not recommend self-medication with any medicines, including antibiotics, as a prevention or cure for COVID-19. However, there are several ongoing clinical trials of both western and traditional medicines. The most effective ways to protect yourself and others against COVID-19 are to:

- Clean your hands frequently and thoroughly.
- Avoid touching your eyes, mouth and nose.
- Cover your cough with the bend of elbow or tissue. If a tissue is used, discard it immediately and wash your hands.



Antibiotics do not work against viruses; they only work on bacterial infections. COVID-19 is caused by a virus, so antibiotics do not work. Antibiotics should not be used as a means of prevention or treatment of COVID-19. In hospitals physicians will sometimes use antibiotics to prevent or treat secondary bacterial infections which can be a complication of COVID-19 in severely ill patients.

They should only be used as directed by a physician to treat a bacterial infection.

FREQUENTLY ASKED QUESTIONS

How to properly wear a medical mask?

If you choose to wear a mask:

1. Before touching the mask, clean hands with an alcohol-based hand rub or soap and water
2. Take the mask and inspect it for tears or holes.
3. Orient which side is the top side (where the metal strip is).
4. Ensure the proper side of the mask faces outwards (the coloured side).
5. Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.
6. Pull down the mask's bottom so it covers your mouth and your chin.
7. Do not touch the mask while you are wearing it for protection.
8. After use, take off the mask with clean hands; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.
9. Discard the mask in a closed bin immediately after use. Do not reuse the mask.
10. Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.

Be aware that there is a global shortage of medical masks (both surgical masks and N95 masks). These should be reserved as much as possible for health care workers.

Remember that masks are not a substitute for other, more effective ways to protect yourself and others against COVID-19 such as frequently washing your hands, covering your cough with the bend of elbow or tissue and maintain a distance of at least 1 meter from others.

FREQUENTLY ASKED QUESTIONS

How to wash fruits and vegetables?

Fruits and vegetables are important components of a healthy diet. Wash them the same way you should do under any circumstance: before handling them, wash your hands with soap and water. Then, wash fruits and vegetables thoroughly with clean water, especially if you eat them raw.

How long does the virus survive on surfaces?

The most important thing to know about coronavirus on surfaces is that they can easily be cleaned with common household disinfectants that will kill the virus. Studies have shown that the COVID-19 virus can survive for up to 72 hours on plastic and stainless steel, less than 4 hours on copper and less than 24 hours on cardboard.

What is the connection between COVID-19 and animals?

COVID-19 is spread through human-to-human transmission. We already know a lot about other viruses in the coronavirus family and most of these types of viruses have an origin in animals. The COVID-19 virus (also called SARS-CoV-2) is a new virus in humans. The possible animal source of COVID-19 has not yet been confirmed but research is ongoing.

Can I catch COVID-19 from the faeces of someone with the disease?

While initial investigations suggest the virus may be present in faeces in some cases, to date, there have not been reports of faecal-oral transmission of COVID-19. Additionally, there is no evidence to date on the survival of the COVID-19 virus in water or sewage.



WASH HANDS FREQUENTLY: With soap and water or an alcohol-based hand sanitizer for at least 20 seconds. Make sure you cover all parts of your hands such as the back of your hand, under the nails, in between fingers etc. This helps prevent possible contraction.

COVER YOUR NOSE AND MOUTH: With a tissue while sneezing and coughing. Keep your hands away from your face especially your eyes, nose and mouth as a precautionary habit as the virus spreads in the form of minute invisible droplets. Also, ensure that the tissues are thrown in closed bins.



MAINTAIN SOCIAL DISTANCE: From people. Also avoid public gatherings such as parties, meetings etc. Stay home as much as you can. Self-quarantine is key to slowing the spread of the virus. Avoid physical contact such as hugs, handshakes etc as this is a quick way to contract/spread the virus.

GO CASHLESS: Avoid touching anything circulated publicly such as cash which may be a medium of transmission.

