

COVID-19

Awareness and Prevention



What are Coronaviruses / COVID-19?

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.



Might I have Coronaviruses / COVID-19 ?

If you're experiencing mild cold or flu-like symptoms, **we encourage you to stay home.**



How do I protect myself and others?

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.
- ✓ Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
- ✓ Avoid touching eyes, nose and mouth.
- ✓ 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.
- ✓ Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.
- ✓ Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease.

Preventive measures for

FLU + COVID-19



Washing your hands is the best protection:

Wash often

- Use soap and water
- Wash for at least 20 seconds

Use hand sanitizer

- Alcohol-based
- When washing is not an option



Avoid close contact:

With people who are sick or may appear under the weather

Stay home when you are sick. Do not expose others.



Face masks:

Those showing symptoms of these diseases **should wear a mask** to help prevent the spread of the disease.

Wearing a mask is not recommended for those who are well, it will not protect you.



Cover your cough or sneeze:

Use a tissue then

- Trash the tissue
- Wash your hands

Into your elbow

- When a tissue is not available



Clean and disinfect often:

With a household cleaning product, wipe

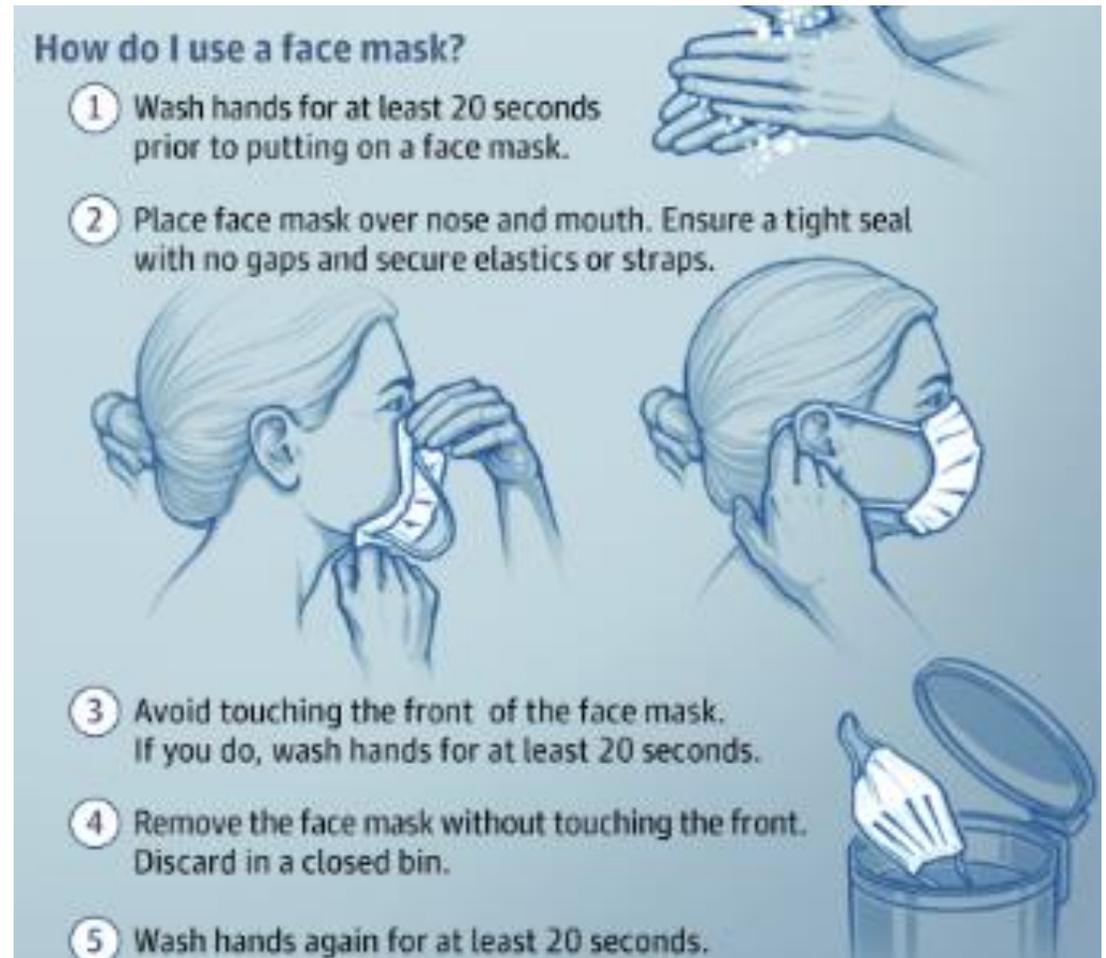
- Frequently touched objects
- Regularly used surfaces

Should I wear a mask to protect myself?

Only wear a mask if you are ill with COVID-19 symptoms especially coughing. Disposable face masks can only be used once.

World health organization advises rational use of medical masks to avoid unnecessary wastage of precious resources and misuse of masks

The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue and maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing.



THANK YOU

