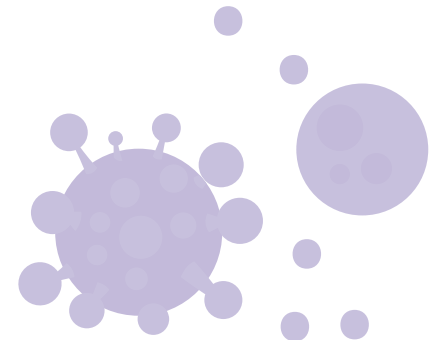


2019 Coronavirus Disease (COVID-19)

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.



How it spreads



When someone who has COVID-19 coughs or exhales they release droplets of infected fluid.

➔ Most of these droplets fall on nearby surfaces and objects - such as desks, tables or telephones. People could catch COVID-19 by touching contaminated surfaces or objects - and then touching their eyes, nose or mouth.



Staircase



Elevator buttons



Gadgets



Contaminated or partially cooked food

➔ An infected person can have contaminated hands, face and clothes and physical contact can transmit the disease



Symptoms of COVID-19

Reported illnesses have ranged from mild symptoms to severe respiratory illness. It may take **2-14 days** for an infected person to show signs & symptoms of the disease.

Symptoms may include:

➔ Despite absence of symptoms, an infected person can still pass the virus



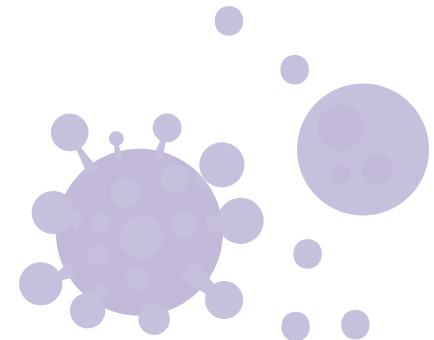
Fever



Cough



Shortness of breath



Simple ways of reducing the spread

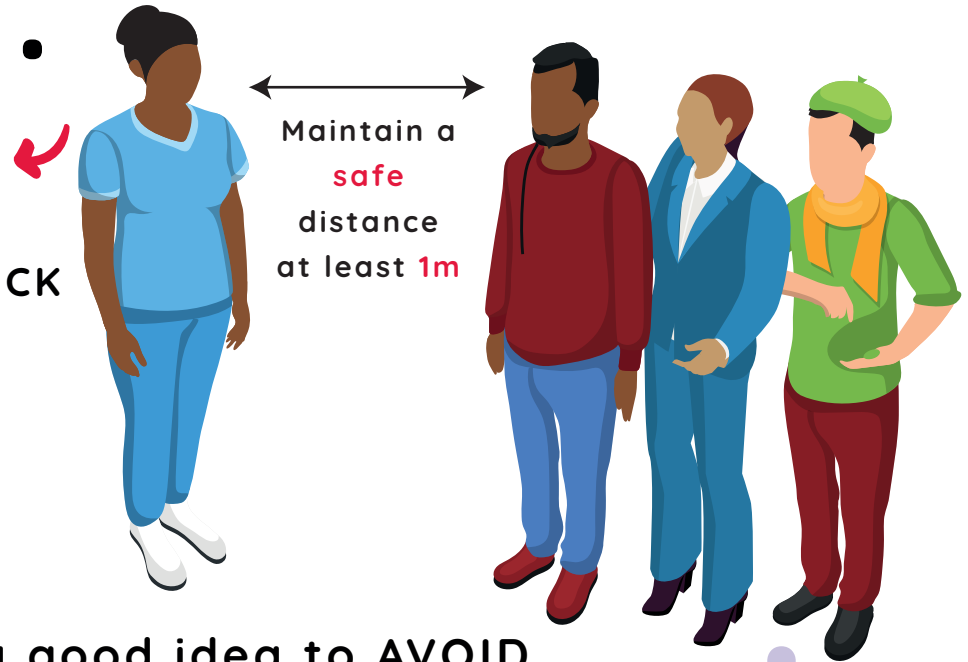
1.



KEEP YOUR DISTANCE
from an infected
person at least 1M
distance

2.

When you
are NOT SICK
Protect
Yourself

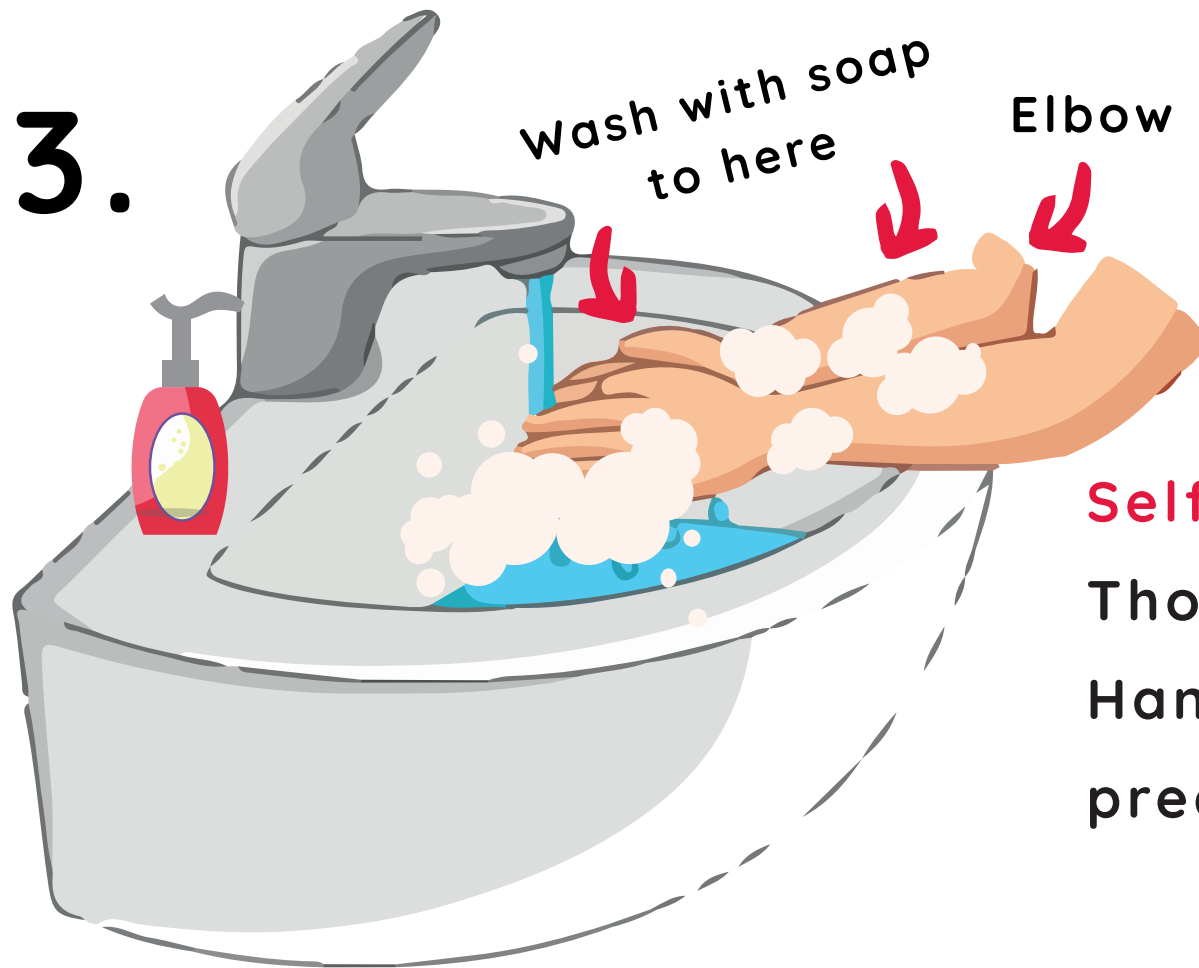


It is a good idea to AVOID
large crowds of people
Avoid handshake
Avoid hugging

People who are infected
can show NO SYMPTOMS
but they are infectious

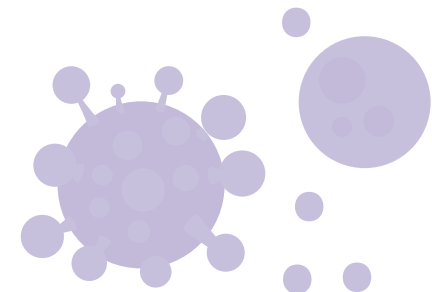
Simple ways of reducing the spread

3.



Self-Hygiene-

Thoroughly Wash your Hands regularly, as a precautionary method.



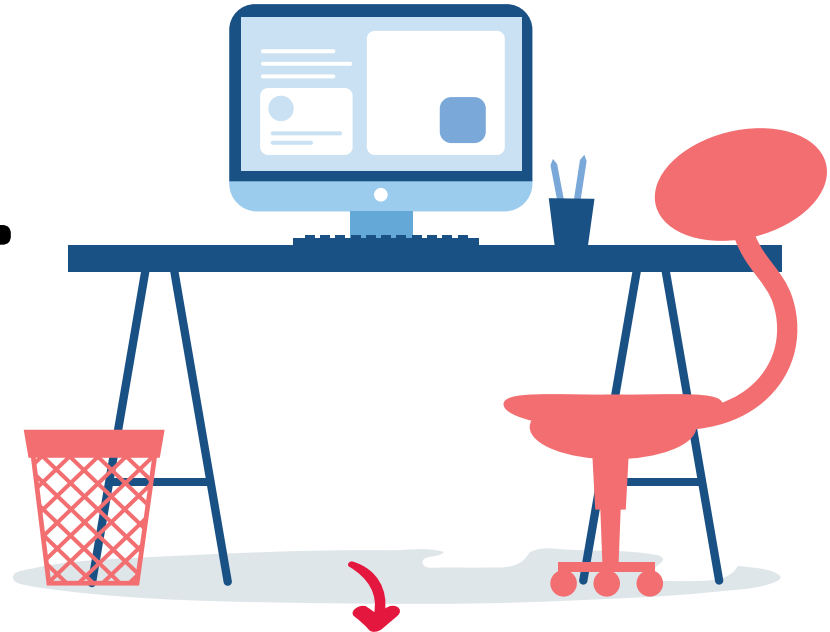
Simple ways of reducing the spread

4.

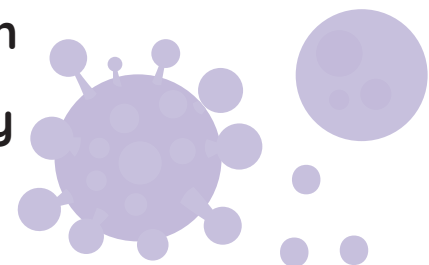


Also use sanitizers to reduce risk of infection

5.




Clean Surfaces (e.g. desks and tables) and objects (e.g. telephones, mouses keyboards) need to be wiped with disinfectant regularly




Simple ways of reducing the spread

6.




Advise employees and  contractors to consult national travel advice before going on business trips

 When on quarantine at home stay in a separate room from family members to avoid infecting them

7.



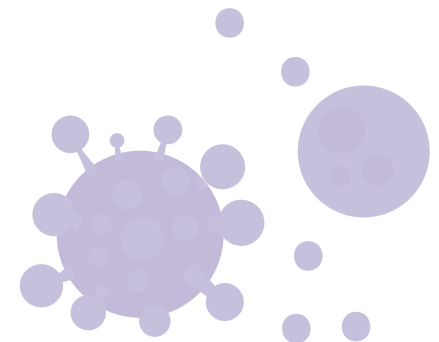
Brief your employees,  contractors and customers that if COVID-19 starts spreading in your community anyone with this symptoms should stay at home to avoid further spread of the virus



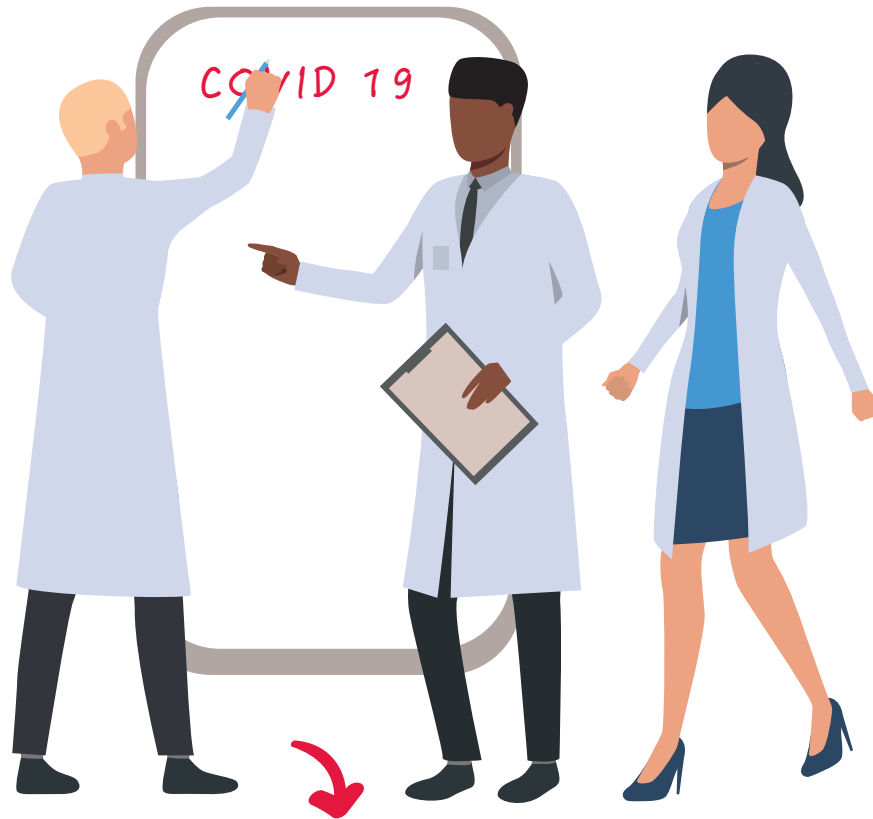
For Health care workers



➔ Advice patients and community members to avoid close contact with sick animals both domestic and wild. But if they must they should use protective materials such as gloves and mask

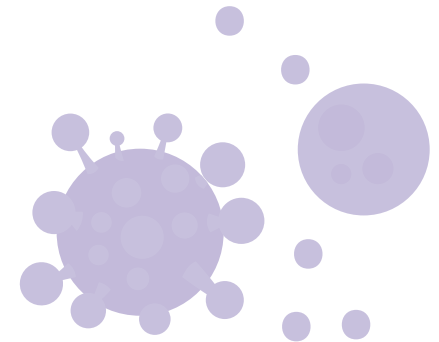


For Health care workers



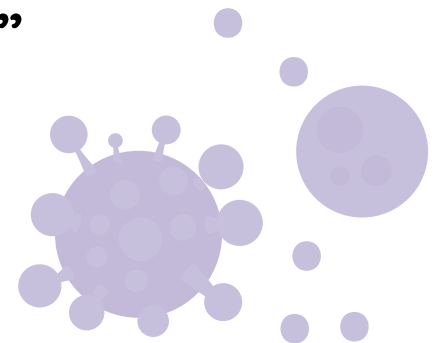
➔ Put on personal protective equipment such as masks (n95), gloves, gowns, alcohol-based hand rub (ABHR) or water & soap for hand hygiene and disinfectants for cleaning surfaces

Protect yourself from getting exposed to the virus by adhering to the Infection Prevention and Control practices



Being ready in case COVID-19 arrives

- ➔ **In office:** “If you develop symptoms suggestive of COVID-19 immediately contact your health provider or your country specific Covid-19 hotline for further advise.”
- ➔ **At home:** “If you develop any symptoms that could be COVID-19, call your health provider or the Covid-19 country specific hotline for further advice.”



How to stay informed

Find the latest information from WHO on where COVID-19 is spreading:

➤ <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>

Advice and guidance from WHO on COVID-19

➤ <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

➤ <https://www.epi-win.com/>

