

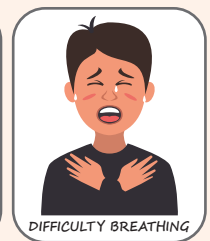
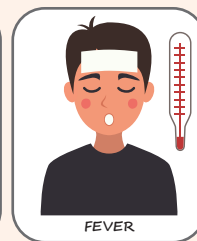
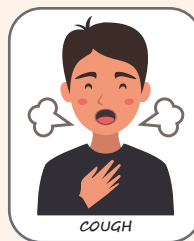
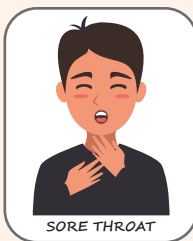
The Novel Coronavirus SARS-CoV-2 causing COVID-19 seems to be slowing down in mainland China, while it is spreading across the globe. As of March 10, there were 4,088 deaths linked to COVID-19, far exceeding deaths from SARS, which killed 774 individuals worldwide causing The World Health Organization (WHO) to declare the ongoing Coronavirus outbreak a pandemic. COVID-19 disease an acronym for "Coronavirus disease 2019" has till date infected more than 124,000 people in at least 114 countries of those, more than 68,000 have recovered. The outbreak has been traced to Hubei province the capital city of Wuhan as early as December 2019 where a cluster of pneumonia cases were seen of unknown origin which later spread to other provinces/regions of China and in many countries other continents.

## COVID-19 symptoms and how to protect oneself?

Symptoms of COVID-19 are non-specific with infected people may or may not be show any symptoms.

### People may experience:

- Runny Nose
- Sore Throat
- Cough
- Fever
- Difficulty Breathing (severe cases)



## Incubation period for COVID-19.

- The "Incubation Period" for COVID-19 range from 1-14 days, most commonly around five days.

## How long does the virus survive on surfaces?

- COVID-19 may persist on surfaces for a few hours or up to several days.
- This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

## Who is at risk of developing severe illness?

- Older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others.

## Transmission:

### 1. Person-to-person spread.

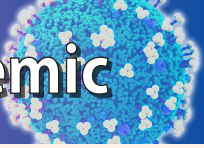
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

### 2. Can someone spread the virus without being sick?

- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms.

### 3. Spread from contact with contaminated surfaces or objects.

- By touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.



## Steps to help prevent the spread of COVID-19 if you are sick:

1. **Stay at home:** People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
2. **Avoid public areas:** Do not go to work, school, or public areas.
3. **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

## Basic protective measures against the new Coronavirus.

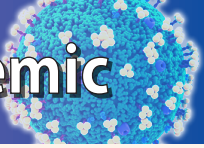
- Wash your hands frequently with an alcohol-based hand rub or wash them with soap and water.
- Maintain social distancing by maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth as the virus can enter your body and can make you sick.
- Practice respiratory hygiene by following good respiratory hygiene like covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- Do not share: You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- Wash thoroughly after use: After using these items, they should be washed thoroughly with soap and water.
- Clean and disinfect high touch surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Disinfect surfaces with bodily fluids that may have blood, stool, or body fluids on them.
- Use a household cleaning spray or wipe, according to the label instructions.
- If you have fever, cough and difficulty breathing, seek medical care early. Stay home if you feel unwell. Follow the directions of your local health authority.
- Stay informed and follow advice given by your healthcare provider

## Protection measures for persons who are in or have recently visited (past 14 days) areas with active COVID-19 inspection.

- Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover.
- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition.

## Discontinuing home isolation.

- If you have tested positive for COVID-19, you should remain under home isolation precautions for 7 days OR until 72 hours after fever is gone and symptoms get better, whichever is longer.
- If you have fever with cough or shortness of breath but have not been exposed to someone with COVID-19 and have not tested positive for COVID-19, you should stay home away from others until 72 hours after the fever is gone and symptoms get better.



## **When to use a mask.**

- If you are healthy, you only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection.
- Wear a mask if you are coughing or sneezing.
- Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- If you wear a mask, then you must know how to use it and dispose of it properly.

## **How to put on, use, take off and dispose of a mask.**

- Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
- Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
- Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.
- To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

## **Getting your workplace ready for COVID-19.**

- Make sure your workplaces are clean and hygienic.
- Promote regular and thorough hand-washing by employees, contractors and customers.
- Display dispensers of alcohol-based hand rub prominently.
- Promote good respiratory hygiene in the workplace.
- Advise employees and contractors to consult national travel advice before going on business trips.
- Brief your employees, contractors and customers that if COVID-19 starts spreading in your community anyone with even a mild cough or low-grade fever need to stay at home or work from home.
- Display posters with this message in your workplaces. Combine this with other communication channels commonly used in your organization or business.

## **Guidance to protect children and support safe school operations (Where schools remain open)**

- Providing children with information about how to protect themselves;
- Promoting best hand washing and hygiene practices and providing hygiene supplies;
- Cleaning and disinfecting school buildings, especially water and sanitation facilities; and
- Increasing airflow and ventilation inside classrooms.