

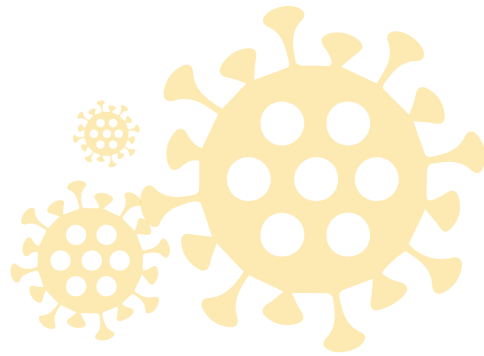
COVID-19

(Tips for prevention)



BASICS

COVID-19



WHAT IS COVID-19?

COVID-19 refers to the human infection caused by the new coronavirus strain, SARS-CoV-2. COVID-19 is a **new virus strain** that is believed to have originated around the city of Wuhan, China, and started spreading among people in late 2019.

SYMPTOMS

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea.

 **FEVER**

 **COUGH**

 **DIFFICULTY BREATHING**

 **TIREDNESS**

 **MUSCLE PAIN**

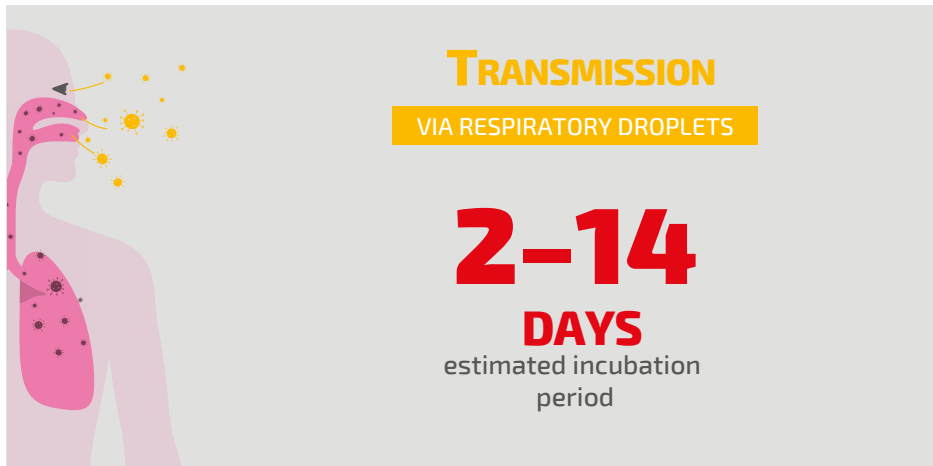
TRANSMISSION

VIA RESPIRATORY DROPLETS

2-14

DAYS

estimated incubation period



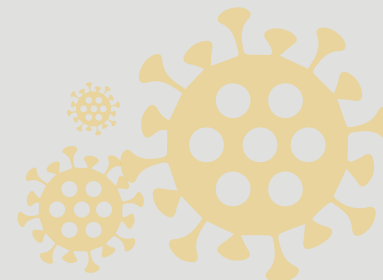
How DOES COVID-19 SPREAD?

People can catch COVID-19 from others who have the virus.

The disease can spread from person to person through **small droplets** from the nose or mouth which are spread when a person with COVID-19 **coughs or exhales**. These droplets land on objects and surfaces around the person.

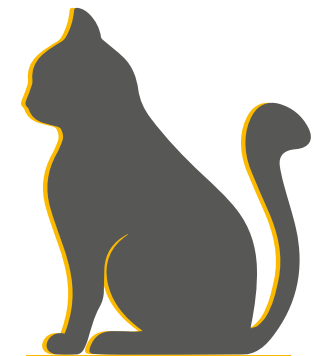
Other people then catch COVID-19 by **touching these objects or surfaces**, then touching their eyes, nose or mouth.

People can also catch COVID-19 if they **breathe in droplets** from a person with COVID-19 who coughs out or exhales droplets.



WHO IS AT RISK OF DEVELOPING SEVERE ILLNESS?

While we are still learning about how COVID-2019 affects people, 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.



CAN I CATCH COVID-19 FROM MY PET??

There is a possibility for some animals to become infected through close contact with infected humans. Further evidence is needed to understand if animals and pets can spread the disease.

Getting OUT

GROCERY SHOPPING DURING COVID-19

- Plan Ahead
- Go Alone
- Do not touch your face



Wear protection (facial mask, long sleeve, etc...)

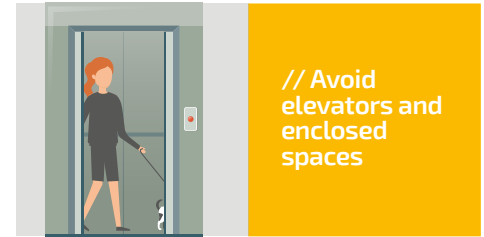


Take only the essentials (credit card, drivers licenses, etc.)

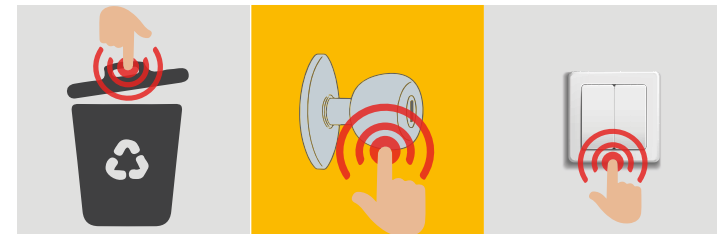
Touch only in what you need & disinfect your hands often

Pack your own hand sanitizer, bags, etc.

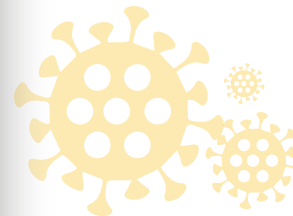
GENERAL TIPS DURING COVID-19



// Prefer credit card over cash.
// Wear disposable gloves and/or use hand sanitizer for any physical contact with ATM terminals/cash.



// Door handles, trash bins, switches, and other surfaces are touched by many people. Prioritize disinfection.



Getting IN

POTENTIALLY DECONTAMINATED AREA

The material that passes into this area must be disinfected

Always wear slippers that are in the clean house area

POTENTIALLY CONTAMINATED AREA

Shower whenever you get home and put the clothes you used to wash!

Disinfect your electronic devices

Disinfect / wash your hands when you get home

Do not use at home the shoes you used on the street

HOW TO

WEAR A MASK PROPERLY?



1 Clean your hands with soap and water, or hand sanitiser, before touching the mask.



2 Place the mask on your face with the blue side facing out and the stiff, bendable edge at the top by your nose.



3 Make sure the mask is completely secure. Make sure it covers your nose and mouth so that the bottom edge is under your chin.



4 Don't touch the exterior of the mask as it has a risk of contamination.

TOP 3

CRUCIAL

MISTAKES

#1: Not washing your hands before putting on your mask and after taking it off.

#2: Not covering both your nose and mouth with the mask.

#3: Constantly touching your mask to readjust it or touching the front when you're taking it off.

HOW TO

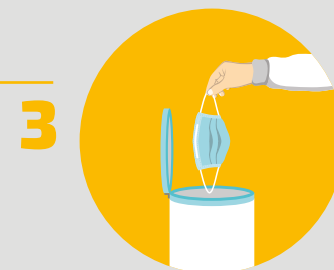
REMOVE A MASK PROPERLY?

Clean your hands with soap and water, or hand sanitiser, before touching the mask.



2 Avoid touching the front of the mask, because it is contaminated. Only touch the ear loops / ear ties.

Holding the mask only by the ear loops / ear ties / ear bands, dispose of the mask in the trash.



4 Clean your hands with soap and water, or hand sanitiser again, before touching anything else.



The masks showed a decrease in efficacy after a 4-hour wearing time!

HOW TO

WASH YOUR HANDS



1 Wet your hands with clean, running water, turn off the tap, and apply soap / or use Hand Sanitizer.

2 Lather your hands by rubbing them together. Lather the backs of your hands, between your fingers, and under your nails.

3 Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

4 Rinse your hands well under clean, running water.

5 Dry your hands using a clean towel or air dry them.



TRUTH:

The amount of product you use matters.

THE NITTY GRITTY :

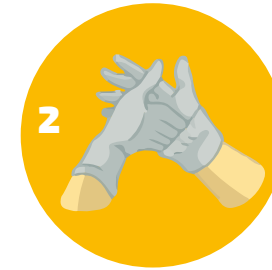
Use enough alcohol-based hand sanitizer to cover all surfaces of your hands. Rub your hands together until they are dry. Your hands should stay wet for around 20 seconds if you used the right amount.

HOW TO

REMOVE DISPOSABLE GLOVES



Pinch and hold the outside of the glove near the wrist area.



Peel downwards, away from the wrist, turning the glove inside-out.



Pull the glove away until it is removed from the hand, holding the inside-out glove.



With your un-gloved hand, slide your finger under the wrist of the remaining glove.



Peel downwards, away from the wrist, turning the glove inside-out.



Never wash or reuse disposable gloves



TRUTH:

// In no way does glove use modify hand hygiene indications or replace hand hygiene action by rubbing with an alcohol-based product or by handwashing with soap and water.

// The reuse of gloves after reprocessing or decontamination is not recommended.

HOW TO

GLOVES & MASKS

CAN'T BE RECYCLED

BIN IT!

Throw out disposable face masks, gowns and gloves after using them!



WASTE

Waste from possible and/or confirmed COVID-19 cases:

// Should be put in a plastic rubbish bag and tied when full.

// The plastic bag should then be placed in a second bin and tied.

// Waste should be stored for at least 72 hours, (If storage for at least 72 hours is not appropriate, arrange for collection from your local waste collection authority or by a specialist clinical waste contractor.)



CLEAN YOUR

SMARTPHONE,

TABLET AND LAPTOP

DO:

- Switch electronic devices off before cleaning;
- Use lint-free cloths (a damp one first and then another to dry);
- Add a very small amount of soap if necessary;
- Avoid letting any liquid into electronic devices.

DON'T:

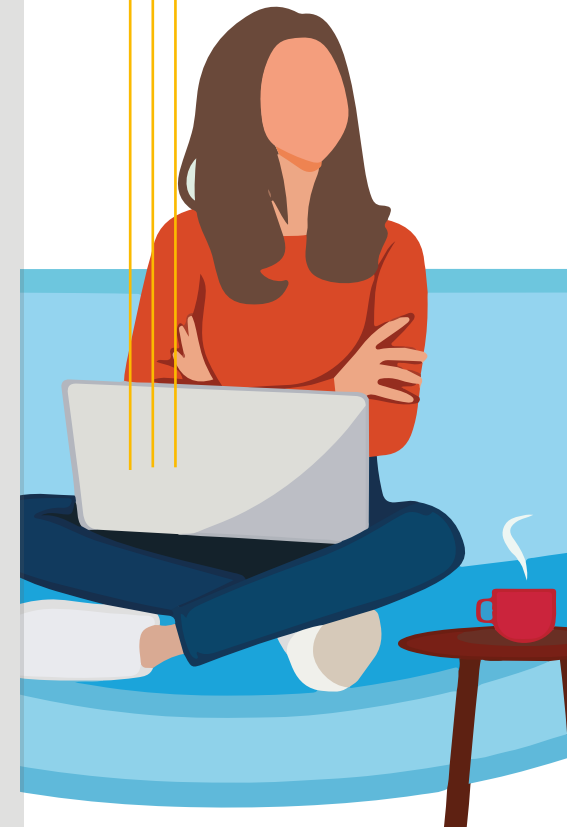
- Hold a smartphone under the tap;
- Use detergents or other chemical products;
- Rub too hard when cleaning displays, which are easily damaged or scratched.

PREVENT OTHER VIRUS

Log out whenever the system is not in use, even at home.

Update programs and operating systems.

Change your router login and password often.





LOOK AFTER

YOUR MENTAL HEALTH:

FOCUS ON WHAT

YOU CAN CONTROL

THINGS YOU CAN'T CONTROL



THE DURATION OF THE VIRUS

THE GLOBAL SPREAD



IMPACT ON LOCAL ECONOMY



CLOSURES OF BUSINESS

THE HEALTH OF YOUR LOVED ONES



TRAVEL RESTRICTIONS

THE ATTITUDE OF THOSE AROUND YOU



THE IRRATIONAL FEARS OF THE OTHERS



YOUR WORK/LIVING SITUATION



THINGS YOU **CAN** CONTROL



BE THE HERO YOUR COMPANY AND FAMILY NEED!



EXERCISING DAILY



DONATIONS TO CHARITY



SUPPORTING SMALL & LOCAL BUSINESS



WASHING YOUR HANDS



POSITIVE WORDS OF AFFIRMATION



EATING HEALTHY EVERY DAY

Be **READY** to fight
#COVID19

BE **INFORMED**

BE **PREPARED**

BE **SMART**