

Rules of conduct

How can I protect myself and others?



Wash your hands with soap

Regularly, wash hands with soap and **running water**, include wrist, fingernails, in between fingers.



Cough or sneeze correctly

Cover your nose and mouth with disposable tissue or cough and sneeze **into your flexed elbow**.



Avoid touching surfaces

Surfaces like doorknobs or taps can be contaminated. **Wear gloves or wash hands** with soap **immediately** afterwards.



Keep physical distance

Covid-19 virus can spread from one person to another. **At all times**, keep your physical distance of **at least 1.5 meters**.



Avoid crowded places and reduce physical contacts

Even infected people who feel healthy can infect others. **Avoid hugging, kissing, shaking hands**.



Stay at home

Staying at home **is most effective protection**. Even more, if you **feel unwell**.



Avoid touching your mouth, nose and eyes

Keep hands and fingers **off your face**, as Covid-19 enters through **mouth, nose and eyes**.



Call hotline if you show symptoms of Covid-19

If you show Covid-19 symptoms, **call 719 to seek advice** and medical treatment.

**Your health,
your responsibility!**
Follow government's advice.

Hotlines
0745 748991
0786 336316
0758 721986

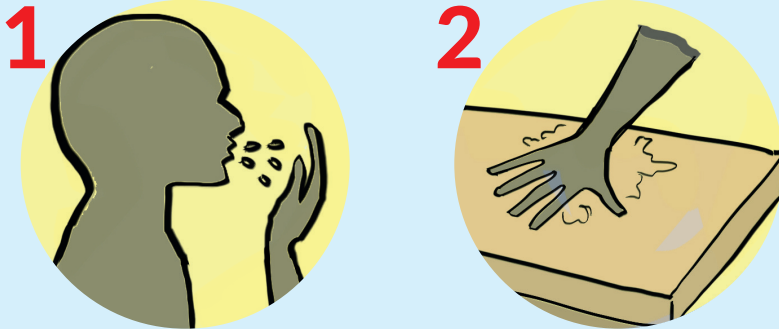
Ministry of Health
Dial 719 or *719#



Covid-19 Pandemic

COVID-19 is a highly infectious new Corona virus which can be **spread from one person to another** and is rapidly spreading **all over the world**.

How does Covid-19 spread?



- 1. Directly:** The virus can enter the respiratory system through mouth, nose and eyes.
- 2. Indirectly:** Contact with contaminated surfaces or things with the COVID-19 virus.

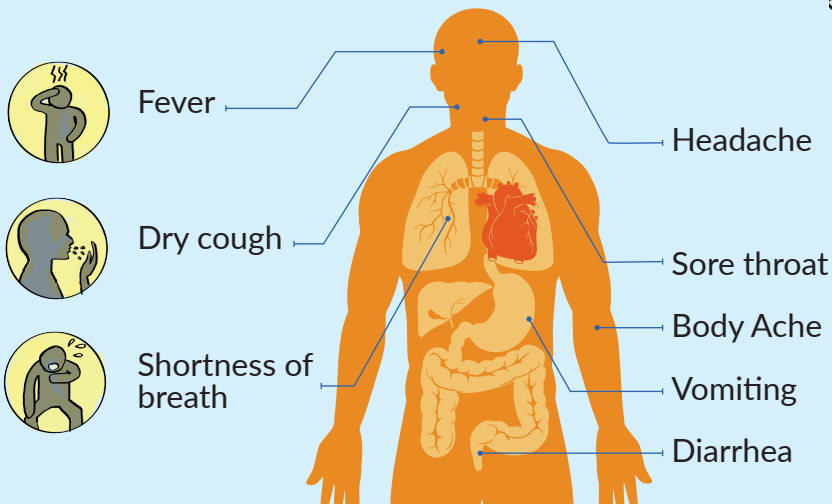
The incubation period



The "incubation period" means the time between catching the virus and beginning to have symptoms of the disease. Most estimates of the incubation period for COVID-19 range from **1-14 days**, most commonly around **five days**.

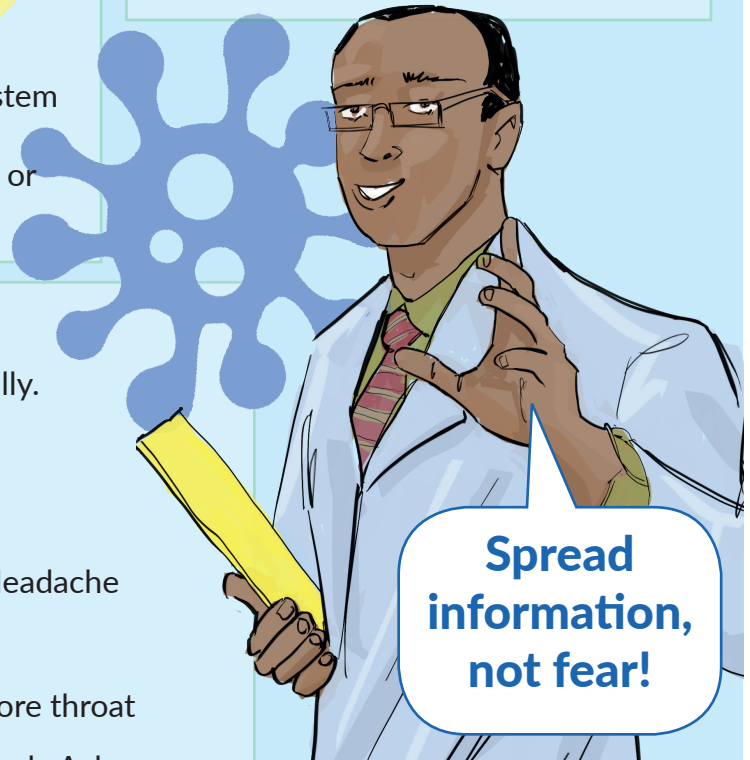
Signs and symptoms

These symptoms are usually mild and begin gradually.



In severe cases, COVID-19 can rapidly kill people. Special risk groups: **Older people**, and those with **underlying medical problems** like high blood pressure, heart problems and diabetes, respiratory diseases are more likely to develop serious illness.

People who develop difficulty breathing should seek medical attention.



**Spread
information,
not fear!**

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True or wrong?

WRONG COVID-19 virus cannot be transmitted in areas with hot and humid climates.

FALSE. From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather.

WRONG Can spraying alcohol or chlorine all over your body kill the new coronavirus?

NO. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

WRONG Can eating garlic or lemon help prevent infection with the new coronavirus?

NO. Garlic and lemon are healthy foods that provide vitamins and minerals. However, there is no evidence from the current outbreak that eating garlic or lemon has protected people from the new coronavirus.

WRONG It only kills the elderly, so younger people can relax

FALSE. This has been uttered by many who claim that the disease can only kill the elderly because they have a weak immune system.

The truth is, this disease has higher chances of leading to serious respiratory symptoms in younger people than seasonal flu.

The actions that young, healthy people take will have an important role in protecting the most vulnerable in society. So beware!

WRONG Drink a lot of hot or warm water to prevent infection

FALSE. There is no scientific evidence behind this claim that drinking hot water and keeping your mouth moist will prevent infection with coronavirus.

But staying hydrated can help keep your immune system strong since the virus will easily attack those with a weak immune system.

WRONG Africans are immune to coronavirus

FALSE. Decades of research has found that Africans are the most genetically diverse people on earth.

The genetic diversity of people from other continents is just 'a subset of the diversity within Africa', say researchers who have built Africa's biggest genome library.

This means Africans have no single 'blood genetic composition' that can 'resist' the Covid-19 coronavirus.

WHO publishes daily situation reports on the COVID-19 outbreak but none of these reports mentions that African blood, or black skin, make people immune to the disease.

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