



Capacity Health

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FACTS ABOUT COVID-19

What is COVID-19?

COVID-19 is a disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common cold.

What are the symptoms of COVID-19?

Symptoms can include fever, cough and shortness of breath. In more severe cases, an infection can cause pneumonia or breathing difficulties. More rarely, the disease can be fatal. These symptoms are similar to flu (influenza) or the common cold, which are a lot more common than COVID-19.

How does COVID-19 spread?

The virus is transmitted through direct contact with respiratory droplets of an infected person (coughing, sneezing or spitting). Individuals can also be infected by touching

contaminated surfaces and then touching their face (e.g., eyes, nose, mouth). The virus may survive on surfaces for a few days, but simple disinfectants can kill it.

Who is most at risk?

We are advising those who are at increased risk of severe illness for coronavirus to be particularly stringent in following social distancing measures.

This group includes those who suffer from: Chronic respiratory diseases, such as asthma, chronic heart disease, chronic kidney disease, Chronic liver disease, A weakened immune system as a result of HIV and AIDS or medicines such as steroid tablets or chemotherapy. Being seriously overweight (a body mass index (BMI) of 40 or above). Those who are pregnant.

TRANSMISSION

- Person-to-person
- Respiratory droplets from an infected person
- Touching a surface where virus landed recently

SYMPTOMS

Common

- Fever
- Dry cough
- Fatigue
- Shortness of Breath

Less typical

- Diarrhea
- Phlegm buildup
- Hemoptysis
- Headache

PREVENTION

- Stay at home when sick
- Avoid close contact with sick people
- Wash your hands for at least 20 seconds
- Don't touch your eyes, nose & mouth with unwashed hands
- Clean & disinfect all frequently touched objects & surfaces
- Cover your cough or sneeze with a tissue
- Don't eat raw food. Thoroughly cook meat & eggs
- Avoid crowded places

7 WAYS TO PREVENT INFECTION :

- NO TOUCHING**
Don't touch face, nose, mouth or eyes. If you have to, wash your hands with soap thoroughly first.
- THROW AWAY USED MASKS**
Wear mask for one day only, as bacteria grows inside it. If you have touched your mask wash/sanitize hands.
- NO SHARING**
Do not share utensils, cups or towels. Sit ±2m apart.
- WASH HANDS** **20 SEC**
Wash your hands thoroughly with soap, for 20 seconds. Wash between fingers, back of hands & under fingernails.
- CLEAN SURFACES**
Viruses can survive for a while on surfaces. Disinfect all areas you touch, like phones, vehicles, and work areas.
- ±2m SOCIAL DISTANCING**
Keep 2m from people around you. This will keep you safe from someone who could sneeze or cough on you.
- CLEAN HANDS**
Wash hands before you eat and after being in public.

Coronavirus Emergency Hotline:
0800029999 Office Hours, or send
HI to **0600123456** on WhatsApp.

15 STEPS TO CLEAN HANDS

It just takes 20 seconds to protect yourself & others against infections.

APPLICATION OF HAND SANITIZER

