

Coronavirus (COVID-19)

PREVENT, PROTECT AND PREVAIL

COVID-19 is an infectious respiratory disease caused by a recently discovered novel coronavirus that has not previously been found in humans. The virus is transmitted through contact with an affected person's respiratory droplets, including spit and nasal mucus, often through sneezing and coughing.

SYMPTOMS OF CORONAVIRUS (COVID-19)

Symptoms may range from mild to critical.



FEVER

100.4 degrees Fahrenheit or more



COUGH

Generally a dry cough



SORE THROAT



DIFFICULTY BREATHING

If you have symptoms of COVID-19, immediately contact your local government health authorities before going to a health facility and follow the standard protocol defined by the country.

HOW TO PREVENT CONTRACTING OR SPREADING COVID-19



Wash your hands frequently with soap and water for 20 - 30 seconds.



Avoid touching your face, nose, or eyes with unclean hands.



Practice social distancing and avoid congregating in large groups. Avoid hugging and shaking hands.



Maintain at least 3 feet but ideally 6 feet (1-2 meters) of distance from people with symptoms.



While sneezing or coughing use a tissue or cover your face with your elbow.



Discard any used tissues in a lined bin with a lid, then wash your hands.



If you have a fever, cough, or difficulty breathing, avoid close contact with others.



After returning from a high-risk country or region, self-quarantine at home for 14 days.

6 Steps for Effective Handwashing



1 Use one palm to scrub the other palm.



2 Use the palm of one hand to scrub the back of the other hand.



3 Rub in between with fingers interlaced.



4 Rub inside of palms with fingers interlocked.



5 Scrub the thumb in a rotating motion.



6 Use the palm to clean under the nails.

Frequently Asked Questions and Answers on COVID-19

- **How long does it take for symptoms of COVID-19 to appear?**

Symptoms of COVID-19 appear within 2 to 14 days after exposure.

- **Is there any specific treatment for COVID-19?**

There is no specific vaccine or medicine to prevent or treat COVID-19. Affected individuals should be treated symptomatically, and individuals in critical condition will require comprehensive care. Washing hands properly, avoiding touching your face, and practicing social distancing from others are the best measures to prevent the spread of this disease.



- **Are antibiotics effective at treating or preventing COVID-19?**

Antibiotics are effective against bacteria, not viruses. Since COVID-19 is a virus, antibiotics should not be used in the treatment or prevention of this disease. If an individual is hospitalized due to COVID-19, she or he may take antibiotics prescribed by a physician to guard against secondary bacterial infections.



- **What should I do if I am infected?**

If you become infected, immediately quarantine yourself and call your local government health authorities before visiting a health care provider. To keep your family members safe, isolate yourself in a separate room and use a mask at all times.



- **What is social distancing and why is it required?**

Social distancing is remaining out of congregate settings, avoiding mass gatherings, and maintaining physical distance (approximately 3-6 feet or 1-2 meters) from others when possible. Social distancing prevents the virus from spreading and is recommended for people in good health.

- **What should I do after returning from an affected country?**

Even if you are not symptomatic, you should self-quarantine for 14 days as soon as you land. Maintain a minimum distance of 3 feet or ideally 6 feet (1 or 2 meters) from people who are in good health. Immediately call your local government health authorities if you start to show symptoms.



- **Why is self-quarantine necessary?**

Through self-quarantine, people who are in good health but have come in contact with affected individuals or recently traveled to high-risk areas are separated from other people who are healthy. This helps prevent the spread of the virus in case the individual has unknowingly contracted it.



- **How do I self-quarantine?**

During self-quarantine, individuals must remain at home and avoid all physical contact with others for 14 days. During this period, the quarantined person cannot attend their school, workplace, or any crowded place. They should avoid congregate settings and mass gatherings, stop using public transportation, and limit personal contact with family members at home. While sharing a room, the quarantined individual should maintain a minimum distance of 3-6 feet or 1-2 meters from others. Because the virus can spread through an infected person's used clothing, towel, dishes, and other personal belongings, quarantined individuals and those who come into contact with them should strictly follow guidelines for handwashing, personal hygiene, and coughing etiquette.