

# COVID19

Online Awareness

Prepared by  
Community Service and Environmental Affairs Sector

Faculty of  
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# WHO RECOMMENDATIONS

## Be **SMART** and inform yourself about #Coronavirus

Follow accurate public health advice from WHO & YOUR LOCAL HEALTH AUTHORITY

Follow the news on latest coronavirus updates

To avoid spreading rumors, always check the source you are getting information from

don't spread rumors

## Be **READY** for #Coronavirus

**WHO is giving advice on how to protect ourselves & others:**

Be **SAFE** from Corona virus infection

Be **SMART** & inform yourself about it

Be **KIND** & support one another



# WHO RECOMMENDATIONS

## Be **SAFE** from #Coronavirus

If you are +60 if you have an underlying condition like

**Cardiovascular disease**

**Respiratory condition**

**Diabetes**

by avoiding crowded areas or places where you might interact with people who are sick.

## Protect **YOURSELF** and **OTHERS** from getting sick

### **WASH YOUR HANDS**

- After coughing or sneezing
- When caring for the sick
- Before, during and after prepare food
- Before eating
- After toilet use
- When hands are visibly dirty
- After handling animals or animal waste



# WHO RECOMMENDATIONS

## Protect OTHERS from getting sick

When coughing and sneezing **COVER MOUTH AND NOSE** with flexed elbow or tissue.

Throw tissue into **CLOSED** bin immediately after use.

**CLEAN HANDS** with alcohol-based handrub or soap and water after coughing or sneezing and when caring for the sick.

## Reduce your risk of CORONAVIRUS Infection

**CLEAN HANDS** with soap and water or alcohol-based hand rub.

**COVER NOSE AND MOUTH** when coughing and sneezing with tissue or flexed elbow

Thoroughly **COOK** meat and eggs

Avoid unprotected contact with **LIVE WILD OR FARM ANIMAL**



# COVID19

Questions and Answers



# HOW SHOULD I GREET ANOTHER PERSON TO AVOID CATCHING THE NEW CORONAVIRUS



To prevent COVID - 19 it is safest to avoid physical contact when greeting.

Safe greeting include a wave, a nod or a bow.



## 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.



SPRAYING ALCOHOL



# SHOULD I AVOID SHAKING HANDS BECAUSE OF THE NEW CORONAVIRUS ?

Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.

Greet people with a wave, a nod or a bow instead.





# CAN REGULARLY RINSING YOUR NOSE WITH SALINE HELP PREVENT INFECTION WITH THE NEW CORONAVIRUS



No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.

There is some limited evidence that regularly rinsing the nose with saline can help people recover more quickly from common cold. However, regular rinsing the nose has not been shown to prevent respiratory infections.



# CAN EATING GARLIC HELP PREVENT INFECTION WITH THE NEW CORONAVIRUS ?

Garlic is a healthy food that may have some antimicrobial properties. However there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus ( COVID - 19 )



# CAN PETS AT HOME SPREAD THE NEW CORONAVIRUS ?

At present, there is no evidence that companion animals / pets such as dogs or cats can be infected with the new coronavirus.

However, it is always a good idea to wash your hands with soap and water after contact with pets.

This protects you against various common bacteria such as E. coli and Salmonella that can pass between pets and humans.





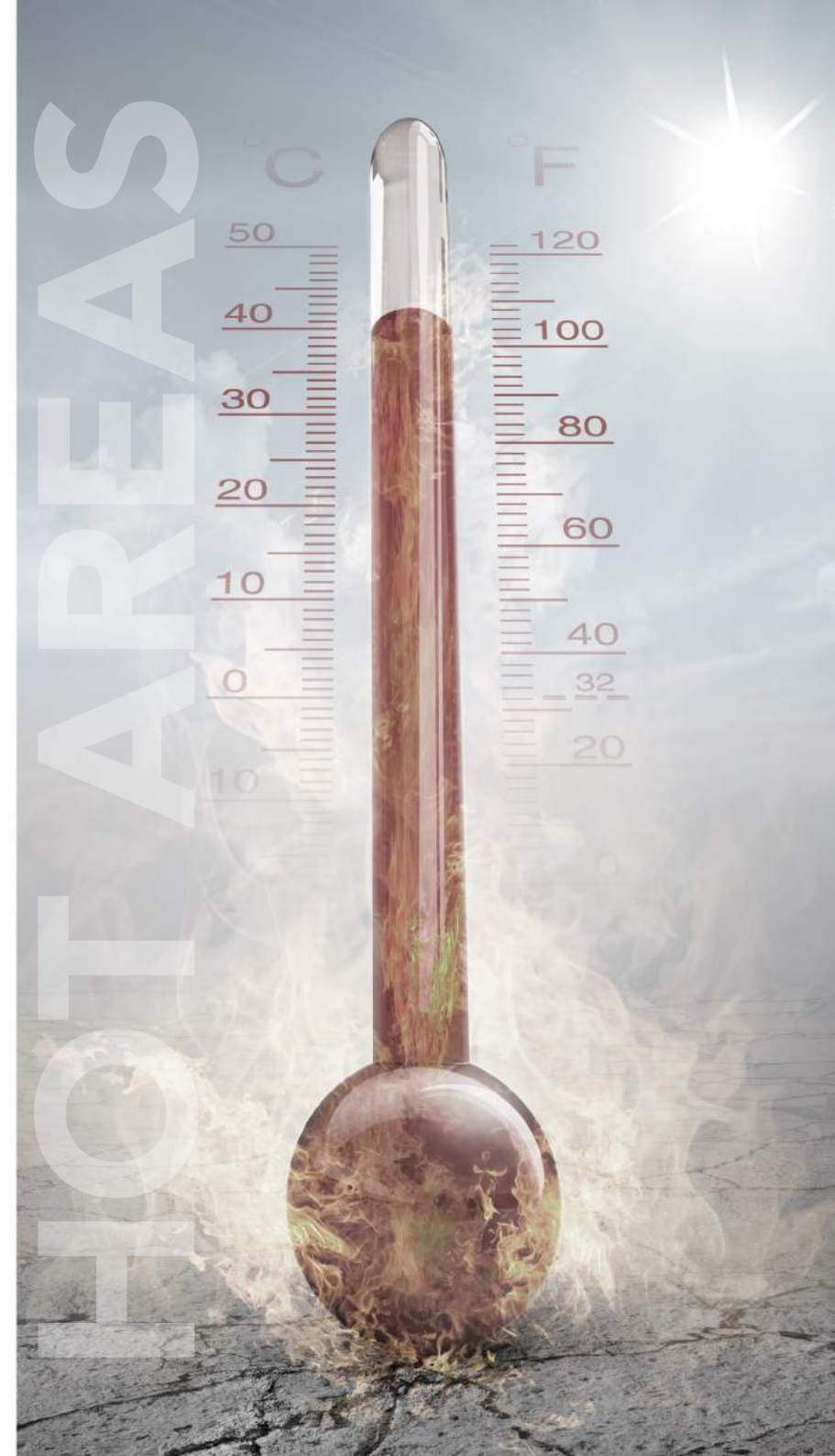
## FACT:

### THE NEW CORONAVIRUS CAN BE TRANSMITTED IN AREAS WITH HOT AND HUMID CLIMATES

From the evidence so far, the new coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather.

Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID - 19.

The best way to protect yourself against COVID - 19 is by frequently cleaning your hands. Eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.



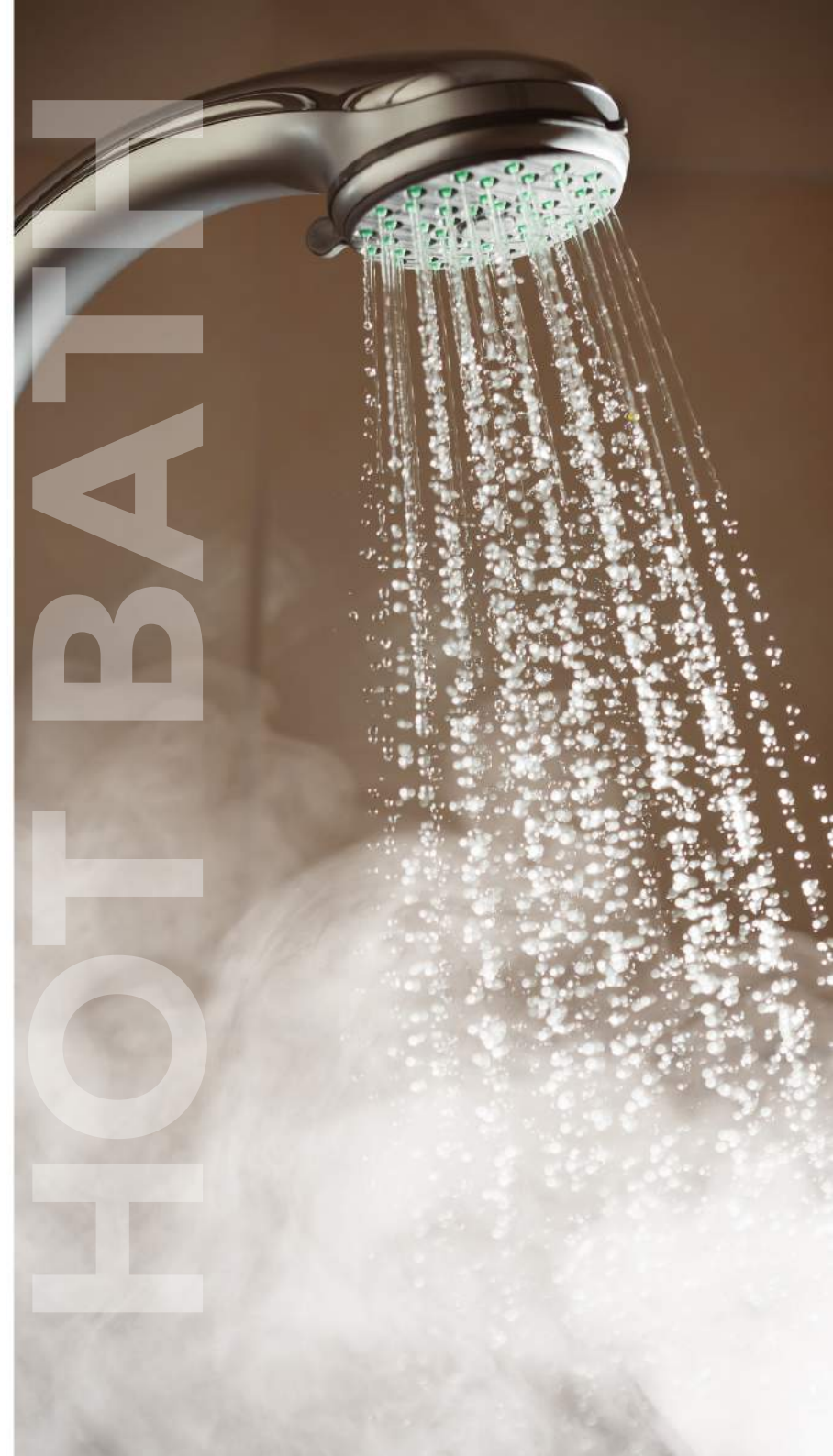
## FACT:

### TAKING A HOT BATH DOES NOT PREVENT THE NEW CORONAVIRUS DISEASE

Taking a hot bath will not prevent you from catching COVID - 19.

Your normal body temperature remains around 36.5 C to 37 C regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.

The best way to protect yourself against COVID - 19 is by frequently cleaning your hands. By doing this eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.





## DOES THE NEW CORONAVIRUS AFFECT OLDER PEOPLE, OR ARE YOUNGER PEOPLE ALSO SUSCEPTIBLE



People of all ages can be infected by the new Coronavirus ( COVID - 19 ).

Older people, and people with pre-existing medical conditions ( such as asthma, diabetes, heart disease ) appear to be more vulnerable to becoming severely ill with the virus.

WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.



# ARE ANTIBIOTICS EFFECTIVE IN PREVENTING AND TREATING THE NEW CORONAVIRUS



No, antibiotics do not work against viruses, only bacteria.

The Coronavirus ( COVID - 19 ) is a virus and, therefore, antibiotics should not be used as a mean of prevention or treatment.

However, if you are hospitalized for the COVID - 19 you may receive antibiotics since bacterial co-infection is possible.



## FACT:

### THE NEW CORONAVIRUS CANNOT BE TRANSMITTED THROUGH MOSQUITO BITES

To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.

The new Coronavirus is a respiratory virus which spread primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.

To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. also, avoid close contact with anyone who is coughing and sneezing.



## ARE HAND DRYERS EFFECTIVE IN KILLING THE NEW CORONAVIRUS



No. Hand dryers are not effective in killing the COVID - 19.

To protect yourself against the new Coronavirus, you should frequently clean your hands with alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or warm air dryer.





# IS WEARING RUBBER GLOVES WHILE OUT IN PUBLIC EFFECTIVE IN PREVENTING THE NEW CORONAVIRUS INFECTION ?

No. Regularly washing your bare hands offers more protection against catching COVID - 19 than wearing rubber gloves.

You can still pick up COVID - 19 contamination on rubber gloves.

If you then touch your face, the contamination goes from your gloves to your face and can infect you.







**STAY HOME**

#we\_are\_thinking\_of\_you