

CORONA VIRUS PREPAREDNESS:

We are only fighting the virus and not the person who has the virus. We want to manage and control this virus.

1) Frequently wash your hands with an alcohol-based hand rub or warm water and soap.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

- a. Not only obvious dirty hands, because a virus can't be seen on your hand – it is too small.
- b. Especially after coughing or sneezing
- c. The virus can survive on surfaces

2) Cover your mouth and nose with a flexed elbow or tissue when sneezing or coughing.

Why? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

- a. If you used a tissue, throw it immediately in a closed bin
- b. After coughing or sneezing wash your hands
- c. Stay away (at least 1m) if you are coughing or sneezing

3) Avoid close contact with anyone who has a fever or cough.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

- a. Stay home if you feel unwell.
- b. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.
- c. Follow the directions of your local health authority.
- d. If you are in contact with an ill person, protect yourself and wash your hands after the contact.

4) Seek early medical help if you have fever, cough and difficulty breathing, and share your travel history with healthcare providers.

5) Avoid direct, unprotected contact with live animals and surfaces in contact with animals when visiting live markets in affected areas.

Why? Animals can be a carrier of the corona virus.

- a. Wash immediately your hands after touching.

6) Avoid eating raw or undercooked animal products and exercise carefully when handling raw meat, milk or animal organs to avoid cross-contamination with uncooked foods.

Why? Inadequate cooking is a common cause of food poisoning. Cross contamination from raw to cooked foods, such as from hands or utensils, can also cause food poisoning. Most foods, especially meat, poultry, fish and eggs, should be cooked thoroughly to kill most types of food poisoning bacteria.