CORONAVIRUS DISEASE - 2019

What is Coronavirus Disease - 2019 (COVID-19)?

COVID-19 is a new strain of Coronavirus that causes respiratory illness. The first case was identified in China.

PORT HEALTH

How is it spread?

Contact with an infected person with COVID-19 virus through coughing or sneezing

Contact with contaminated surfaces or articles with the COVID-19 virus

How can I protect myself and others?

Regularly wash hands with soap and water, or use an alcohol based hand sanitizer

Avoid close contact with people who have flu-like symptoms

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

Avoid handshaking hugging and kissing with people who have flu-like symptoms

Stay home and avoid travelling when you have flu-like symptoms

Signs and symptoms

Fever

Cough

Shortness of breath

Body ache

Headache

Protect yourself, family and community from COVID -19

Anyone arriving from a country or area reporting COVID -19 is advised to isolate themselves for 14 days.

Can COVID-19 be transmitted from person to person?

Yes. Close contact with an infected patient in a household workplace, or health care center increases risk of transmission. You are encouraged to limit contact with people who are sick especially with flu-like symptoms.

Can humans get infected with COVID-19?

Yes. Humans can get infected with COVID-19 from animals. Contact with infected domestic and wild animals, increases your risk of infection. People are encouraged to limit direct contact with sick wild and domestic animals. Thoroughly cook animal products (including meat, eggs and other animal products).

Is there a treatment for COVID-19?

There is no specific treatment. However, many of the symptoms can be treated and therefore treatment is given based on the patient's clinical condition. Moreover, supportive care for infected persons can be highly effective.

Is there a vaccine for a COVID-19?

As this is a new disease, there is no vaccine at the moment.

What do you need to do to protect yourself and others from getting COVID-19?

- Regularly wash hands with soap and water, or use an alcohol based hand sanitizer.
- Avoid close contact with people who have flu-like symptoms.
- Cover your nose and mouth with tissue or cough and sneeze into your flexed elbow.
- Avoid handshaking hugging and kissing with people who have flu-like symptoms.
- Stay home and avoid travelling when you have flu-like symptoms.
- Report fever, cough and shortness of breath to the nearest health facility.

Are health workers at risk from COVID-19?

Yes they are as they come into contact with patients more often than the general public. The Ministry of Health recommends that health care workers consistently apply appropriate infection prevention and control measures.

What do I need to know if I plan to travel to China and other countries reporting cases of COVID-19?

- Avoid contact with people who have flu-like symptoms.
- Use a face mask while visiting crowded places.
- Avoid direct contact with both domestic and wild animals (alive or dead).
- Avoid eating raw or partially cooked meat or other animal products.
- Regularly wash hands with soap and water, or use an alcohol based hand sanitizer.
- Subscribe to Safiri Smart on *265# to get updates on COVID-19 and other epidemic diseases.

What do I need to do if I am travelling from China or other countries reporting cases of the new COVID-19 and develop COVID symptoms?

- Regularly wash hands with soap and water, or use an alcohol based hand sanitizer.
- Cover your nose and mouth with tissue or cough and sneeze into your flexed elbow.
- Use a face mask and other materials to prevent spread to family members and other people.
- Stay home and avoid travelling when you have flu-like symptoms for 14 days.

Should you develop flu-like symptoms such as fever, coughing and difficult in breathing, consult the nearest health facility or hospital.

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