8 PREVENTION

The WHO and other agencies such as the CDC

have published protective measures to mitigate

the spread of COVID-19. This involves frequent

hand washing with handwash containing 60% of

alcohol and soap for at least 20 seconds.

Another important measure is avoiding close

contact with sick people and keeping a social

distance of 1 metre always to everyone who is

coughing and sneezing. Not touching the nose,

eyes and mouth was also suggested. While

coughing or sneezing, covering the mouth and

nose with a cloth/tissue or the bent elbow is

advised. Staying at home is recommended for

those who are sick, and wearing a facial mask is

advised when going out among people.

Furthermore, it is recommended to clean and

sterilise frequently touched surfaces such as

phones and doorknobs on a daily basis.°' °7

Staying at home as much as possible is

advisable for those who are at higher risk for

severe illness, to minimise the risk of exposure

to COVID-19 during outbreaks.°°