

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.^{51, 52} 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.⁵³