



**Republic of Zambia  
Ministry of Health**

## **Coronavirus Disease 2019 (COVID-19)**

### **FACT SHEET**

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

**The Coronavirus Disease 2019 (COVID-19)** is a respiratory disease caused by a new coronavirus 2019. The virus causes respiratory illness similar to a common cold and in severe cases leads to pneumonia, kidney failure and can result in death. The virus was identified in China in 2019 and has since spread to other countries.

#### **Common Signs and Symptoms**

- Fever
- Chest pains
- Cough
- Difficulty in breathing
- Headache
- Shortness of breath
- Sore throat

#### **How it is spread**

The disease is transmitted from animals to humans and also spreads from person to person. A person can get the disease through:

- Close contact with a person who has the disease
- Contact with animals infected with the virus
- Touching an object or surface contaminated with a virus and then touching the eye, mouth or nose
- Air droplets dispersed by coughing and sneezing
- Eating of contaminated meat and meat products

#### **Who is at risk of contracting the Coronavirus Disease 2019?**

Everyone is at risk of getting the virus; however others are more at risk particularly;

- Anybody in close contact with a person infected with the virus
- Health care workers
- Travellers to areas affected with the disease
- Airline workers and those working at border posts
- Chronically ill persons
- Persons handling the Infected or contaminated meat and meat products

## Prevention Measures

Considering the severity and geographic spread of COVID-19, it is important to take the following preventive measures:

- Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer
- Avoid close contact with people who have symptoms of Coronavirus Disease.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- When coughing or sneezing cover mouth and nose with flexed elbow or tissue paper
- Cook all your meat and meat products thoroughly before eating.
- Avoid unprotected contact with live wild or domesticated animals
- Avoid spitting in public
- Health Care Workers must practice standard Infection Prevention measures
- Avoid travel when you are not feeling well
- Avoid non-essential travel to areas where there is transmission of the disease.
- Avoid eating meat from animals that have died of diseases.

## Is there treatment available for coronavirus disease 2019?

There is no specific treatment for **coronavirus disease 2019**.

However, People showing signs and symptoms of the disease should immediately seek medical care from the nearest Health Facility.

## Is there a vaccine for coronavirus?

There is currently no vaccine to protect against the Coronavirus Disease (COVID-19). The best way to prevent infection is to follow the recommended prevention measures

## What should you do if you suspect that you, a member of your family or anybody has the coronavirus disease?

If you suspect the signs and symptoms of coronavirus disease, seek medical care immediately at the nearest health facility.

For more information, **contact the call centre** on the numbers indicated below.

Ministry of Health,  
Haile Selassie Avenue,  
P.O. Box 30205, Lusaka

Email: [ps@moh.gov.zm](mailto:ps@moh.gov.zm)

Website: [www.moh.gov.zm](http://www.moh.gov.zm)

Call Centre: 0974 493553 | 0953 898941 | 0964 638726

TOLL FREE LINE: 909



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