



Coronavirus (Covid 19) Awareness

What is the treatment for COVID-19?

There is no currently available vaccine for COVID-19. However, many of the symptoms can be treated and receiving early care from a healthcare provider can make the disease less dangerous. There are several clinical trials that are being conducted to evaluate potential therapeutics for COVID-19.

IS THERE ANY TREATMENT FOR THE NOVEL CORONAVIRUS COVID-19?

Till now no specific cure or vaccine has been developed as the virus strain is new. Treatment is mainly supportive to help reduce the symptoms.



How can the spread of COVID-19 be slowed down or prevented?

As with other respiratory infections like the flu or the common cold, public health measures are critical to slow the spread of illnesses. Public health measures are everyday preventive actions that include:

- ✓ Staying home when sick;
- ✓ Covering mouth and nose with flexed elbow or tissue when coughing or sneezing. Dispose of used tissue immediately;
- ✓ Washing hands often with soap and water; and
- ✓ Cleaning frequently touched surfaces and objects.

As we learn more about COVID-19 public health officials may recommend additional actions.

TOP 6 WAYS TO PROTECT YOURSELF FROM NOVEL CORONAVIRUS COVID-19



Wash hands thoroughly with soap and water for at least 20 seconds (Rub all parts of your palm).



In the absence of water/soap, use an alcohol-based hand sanitizer.



Boost your immunity by healthy lifestyle such as eating healthy food, practicing physical activity and getting enough sleep.



Avoid close contact with anyone showing signs of respiratory illness



When sneezing/coughing make sure to cover your mouth and nose with tissue then dispose properly. Use your elbow in the absence of tissue.




Travel only if it is essential

Handwashing

- The most important thing you can do to protect yourself is to wash your hands regularly with soap and water or rubbing an alcohol-based sanitiser onto your hands
- This is important because washing your hands kills viruses that may be on your hands
- Watch these videos to see how you wash your hands and this video to show you how to use hand sanitiser
- Hand rub <https://www.youtube.com/watch?v=ZnSjFr6J9HI>
- Hand wash <https://www.youtube.com/watch?v=3PmVJQUCm4E>

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;




Use towel to turn off faucet;



Your hands are now safe.

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

 **Duration of the entire procedure: 20-30 seconds**



Handwashing

- Make sure that people in your care also wash their hands regularly
- This is especially important after going to the toilet, blowing their nose and before and after eating
- If you work in a residential or health facility make sure that visitors wash their hands on entering and leaving the facility and before and after visiting any resident
- Putting up signs to remind people and make sure there are handwashing stations or hand rub available for visitors to use

Try not to touch your face

- **Avoid touching your face** as much as possible
- This is important because virus containing droplets on your hands can be transferred to your eyes, mouth or nose where they can infect you
- Most of us touch our face many times per hour without realising
- Try to stop yourself touching your face, and encourage others to do the same

Social distancing

- Maintain at least **1.5 metres** distance between yourself and anyone who is coughing or sneezing
- This is important because if you are too close to someone you might breathe in droplets they cough or sneeze
- If you are further away than 1.5 metres, it is very unlikely that you will breathe in droplets that might contain COVID-19
- Help those that you care for by keeping 1.5 metres between themselves and others
- This is especially important if you're out and about
- Avoid large public gatherings, unless essential
- Remember that COVID-19 can be transmitted by droplets that can be passed from hand to hand including handshakes
- Here are some videos on other ways to greet people

<https://www.youtube.com/watch?v=aP2xcQKkzZI>

SHOULD I STAY AWAY FROM PUBLIC PLACES?





No, but avoid congested places and direct contact with people who show symptoms like coughing and sneezing.



Stay at home if you are sick, & follow your doctor's advice.

Use good respiratory hygiene

Make sure you and the people around you follow good respiratory hygiene. This means covering your mouth and nose when you cough and/or sneeze with:

- A tissue that you put in the bin straight after use
- Your bent elbow
- Respiratory hygiene is important because droplets spread virus. By following good respiratory hygiene, you ‘catch’ any droplets that might be produced, and this protects the people around you from viruses including COVID-19.
- Remind those in your care to use good respiratory hygiene
- Make sure that when you are out and about you carry tissues for yourself and others to use
- Remind those in your care to clean their hands after coughing or sneezing

Good respiratory etiquette





What about masks?

- Wearing a facemask in public **won't** help to protect you from infection
- Only wear a mask if you are sick with symptoms that might be due to COVID-19 (especially coughing) or looking after someone who may have COVID-19
- There is a shortage of masks and we need to save them for use when they are needed for sick people or for those looking after them

Remember the best ways to protect yourself and others against COVID-19 are:

- Regularly wash your hands
- Use respiratory etiquette to catch your cough or sneeze with a tissue or in the bend of your elbow
- Maintain social distancing.

How to wear a surgical mask for "patients" only



First, wash hands well



Place mask to cover mouth, nose and chin



Pinch the nose piece over your nose



Fix mask using the straps behind the head or looping behind the ears



Make sure the mask covers the mouth, nose and chin



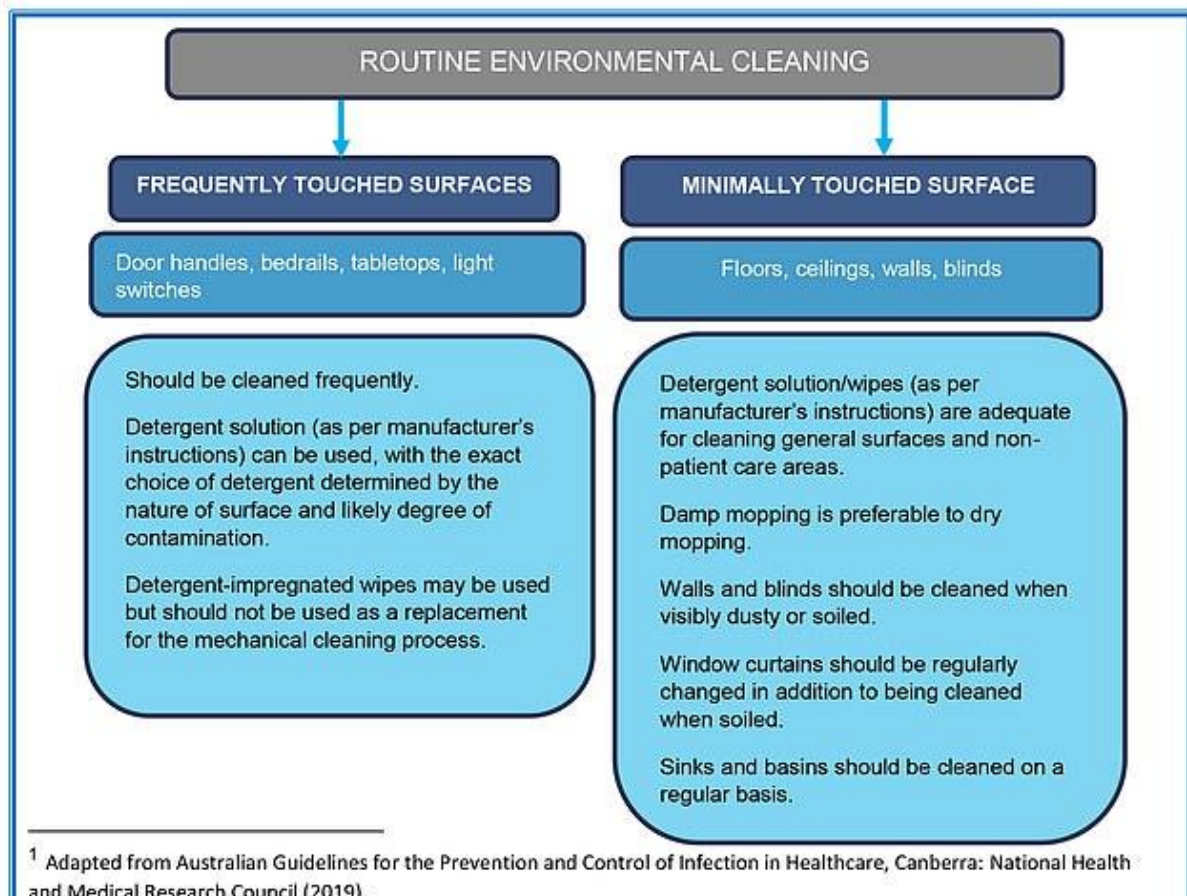
Remove the mask without touching the outer surface and dispose in the trash

Cleaning and disinfection

- Regular cleaning of your environment, at home, in your car and at work is essential
- This is because droplets from an infected person can fall on a surface, and be transferred to someone else's hands if they touch the surface
- You should regularly clean frequently touched surfaces, for example, tables, doorknobs, light switches
- To clean use a detergent solution according to the manufacturer's label
- Remember to check the product label for any precautions you should take when using it, such as wearing gloves or making sure you have good ventilation

Cleaning in health and residential care settings

Routine environmental cleaning requirements can be divided into two groups:



Food safety

- From the information we know at present, COVID-19 doesn't seem to be spread by food
- However, you should still make sure you prepare food safely to make sure that you and others don't get sick from other diseases
- This is important when you are preparing food for yourself and for those in your care



Food safety and preparation


This includes:

- Washing hands between handling raw and cooked foods
- Cooking and proper handling of meat products
- Using different chopping boards for raw meats and cooked foods
- Ensuring all meats are cooked thoroughly. When you are preparing food, you should always:
- Practice good respiratory etiquette and if you have symptoms of a respiratory illness you should avoid preparing food for other people.


Safe food preparation

Practise food safety

Even in **areas experiencing outbreaks**, meat products can be safely consumed if these items are **cooked thoroughly and properly handled** during food preparation.



The illustration shows a yellow circle containing a knife and a cutting board. Below this, there are three pieces of red meat: a large roast, a drumstick, and a smaller piece. At the bottom, there is a white cooking pot with a yellow flame underneath it.



World Health Organization

Practice food safety

Use different **chopping boards and knives** for raw meat and other foods



The illustration shows a brown chopping board with a knife lying on it. A piece of red meat is shown above the board.

Wash your hands in between handling raw and cooked food.



The illustration shows two hands being washed under a stream of water, with several blue soap bubbles floating around them.



World Health Organization

Managing visitors

- Keeping safe from COVID-19 does not mean having no social life for yourself or those in your care
- It is important to maintain relationships
- People who are unwell should be advised to stay in their **own homes** and **not visit others**
- This is particularly important to enforce in residential settings where people should stay in their own room and for people at high risk
- Visitors to residential facilities should be encouraged to wash their hands on entering and exiting the facility and before and after visiting any resident
- You can reduce your risk of infection by asking visitors to your own home to do this

Taking people in your care out in public

- Regular hand hygiene, social distancing and respiratory etiquette are essential in public settings
- Practice hand hygiene after touching shared surfaces (e.g. in shops, cafes or on public transport)
- To maintain social distancing, you should **avoid large public gatherings**, unless essential.

Keeping yourself and others safe

Remember whilst COVID-19 can seem scary, you can help to stop it spreading, protect yourself and those in your care. The most important things you can do are:

- Wash your hands and make sure those in your care do the same
- Practice respiratory etiquette and make sure those in your care do the same
- Practice social distancing and make sure those in your care do the same.