PUBLIC HEALTH AND SAFETY/COVID-19 DESCRIPTIONS

PUBLIC HEALTH AND SAFETY

Public health and safety is the science and practice of protecting and promoting the well-being of a community by preventing disease, promoting healthy lifestyles, and ensuring safety through organized efforts that address environmental hazards, injury prevention, and access to quality healthcare, all aimed at improving the overall health and quality of life for a population; essentially, it's about actively working to safeguard the health of a community through preventative measures and public policy initiatives.

Key elements to include in a public health and safety description:

- **Focus on prevention:**

Public health prioritizes preventing disease and injury through interventions like vaccination programs, health education campaigns, and environmental regulations.

- **Community-based approach:**

Public health strategies are designed to address the needs of entire communities, considering factors like socioeconomic status, access to healthcare, and environmental quality.

- **Multi-disciplinary efforts:**

Public health professionals collaborate with various stakeholders including healthcare providers, policymakers, community leaders, and researchers to implement effective interventions.

- **Surveillance and data analysis:**

Monitoring health trends through data collection and analysis is crucial for identifying public health issues and guiding interventions.

Examples of public health and safety initiatives:

- **Infectious disease control:** Vaccination programs, contact tracing, and outbreak investigations

- **Chronic disease prevention:** Health education on diet, exercise, and smoking cessation

- **Environmental health:** Monitoring air and water quality, managing hazardous waste

- **Injury prevention:** Traffic safety campaigns, workplace safety regulations, and child safety initiatives.

Important aspects to consider when writing a public health and safety description:

- **Clarity and conciseness:**

  Clearly state the core principles and objectives of public health and safety.

- **Relevant examples:**

  Provide concrete examples of public health practices to illustrate the concept.

- **Target audience:**

  Tailor the language and level of detail to the intended audience (e.g., general public, healthcare professionals, policymakers).

COVID-19 SCENARIO

SYMPTOMS

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

- fever

- cough

- tiredness

- loss of taste or smell.

Less common symptoms:

- sore throat

- headache

- aches and pains

- diarrhoea

- a rash on skin, or discolouration of fingers or toes

- red or irritated eyes.

Serious symptoms:

- difficulty breathing or shortness of breath

- loss of speech or mobility, or confusion

- chest pain.

  Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility.

  People with mild symptoms who are otherwise healthy should manage their symptoms at home.

  On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

PREVENTION

To prevent infection and to slow transmission of COVID-19, do the following:

- Get vaccinated when a vaccine is available to you.

- Stay at least 1 metre apart from others, even if they don't appear to be sick.

- Wear a properly fitted mask when physical distancing is not possible or when in poorly ventilated settings.

- Wash your hands regularly with soap and water or clean them with alcohol-based hand rub.

- Cover your mouth and nose when coughing or sneezing.

- If you feel unwell, stay home and self-isolate until you recover.

<u>OVERVIEW</u>

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus.

Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention. Older people and those with underlying medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, or cancer are more likely to develop serious illness. Anyone can get sick with COVID-19 and become seriously ill or die at any age.

The best way to prevent and slow down transmission is to be well informed about the disease and how the virus spreads. Protect yourself and others from infection by staying at least 1 metre apart from others, wearing a properly fitted mask, and washing your hands or using an alcohol-based rub frequently. Get vaccinated when it's your turn and follow local guidance.

The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. These particles range from larger respiratory droplets to smaller aerosols. It is important to practice respiratory etiquette, for example by coughing into a flexed elbow, and to stay home and self-isolate until you recover if you feel unwell.