CORONAVIRUS DISEASE (COVID-19)

HOW TO PROTECT YOURSELF


ACTIVELY CARING

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PROTECT YOURSELF AND MAINTAIN GOOD PERSONAL HYGIENE BY WASHING YOUR HANDS FREQUENTLY WITH HAND SANITISERS OR SOAP AND WATER:

/ **After coughing or sneezing**
/ **Before and after attending to sick people**
/ **When hands are visibly dirty**
/ **After handling animals or animal waste**
/ **Before, during and after you prepare food**
/ **Before and after eating**
/ **After toilet use**
/ **Before and after participating in clean-up activities**

BASIC PROTECTIVE MEASURES AGAINST COVID-19

/ Pay strict attention to **hygiene. Wash your hands** frequently.

/ **Avoid crowded places**. In public areas, as much as possible, keep 1-2 meters away from others.

/ **Do not share** food, drinks and personal items.

/ **Do not travel** if you are sick.

/ **Avoid touching your face.**

/ Anyone who has any symptoms, even if only mild, should **stay home** and seek medical advice.

General good health habits including eating well,
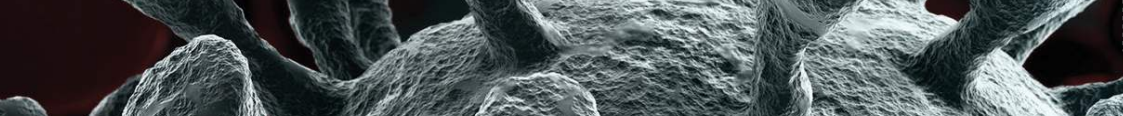
WHEN TO USE A MASK

In some locations, **AUTHORITIES ARE REQUIRING PEOPLE TO WEAR A MASK WHEN IN PUBLIC PLACES.** You must comply with any official directives.

Other authorities encourage groups at higher risk for sever complications e.g. older adults or those with underlying illness, **TO CONSIDER WEARING A MASK.**

Some authorities have advised to use **MASKS WHILE TRAVELING OR**

Wear a mask when you are sick, and **CONSULT YOUR DOCTOR.**

People who are looking after a sick person in their home should use a medical mask **WHEN IN THE SAME ROOM AS THE SICK PERSON,** and gloves and an apron if there are fluids when providing direct care.

If you wear a mask, then you must **KNOW HOW TO USE IT AND DISPOSE OF IT PROPERLY.**

HOW TO USE THE MASK, IF REQUIRED

The World Health Organization does not recommend any type of PPE for people in public areas who do not have any respiratory symptoms. People who are looking after a sick person in their home should use a medical mask, as well as where authorities give a mandate to wear a mask.

1 Before putting on a mask, **clean your hands with soap and water, or alcohol-based hand sanitisers.**

2 **Cover mouth and nose with the mask** and make sure there are no gaps between your face and the mask.

3 **Avoid touching the mask while using it;** if you do so, clean your hands with soap and water, or alcohol-based hand sanitisers.

4 When you remove the mask: **remove it from behind.** Do not touch the mask on the front.

5 **Discard mask immediately in a closed bin.**

6 **Clean hands** with soap and water, or alcohol-based hand sanitiser.

SYMPTOMS INCLUDE:

Fever

Cough

Sore throat

Shortness of breath

STAY INFORMED:

Follow advice given by your healthcare provider. For up to date information visit these websites:

World Health Organization (WHO)
www.who.int

Australia Department of Health
www.health.gov.au/

Public Health Agency of Canada
www.canada.ca/en/public-health.html

US Center for Disease Control and Prevention
www.cdc.gov/

UK Department of Health and Social Care
www.gov.uk/government/organisations/department-of-health-and-social-care

Singapore Ministry of Health
www.moh.gov.sg/

National Institute For Communicable Diseases
www.nicd.ac.za/

National Health Commission of the PRC
en.nhc.gov.cn/