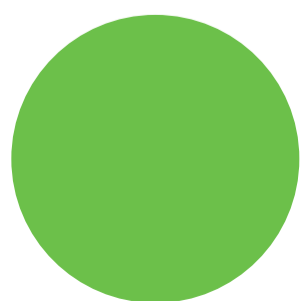
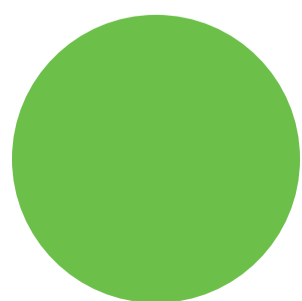
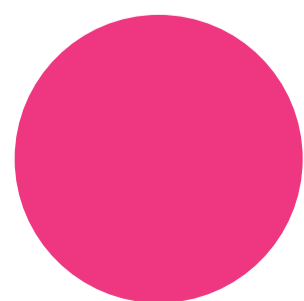




# What you need to know about the Corona Virus (COVID-19)

[MYDAWA.com](https://mydawa.com)



# What is the Corona virus?

COVID-19 is the disease caused by the new corona virus that emerged in China in December 2019.

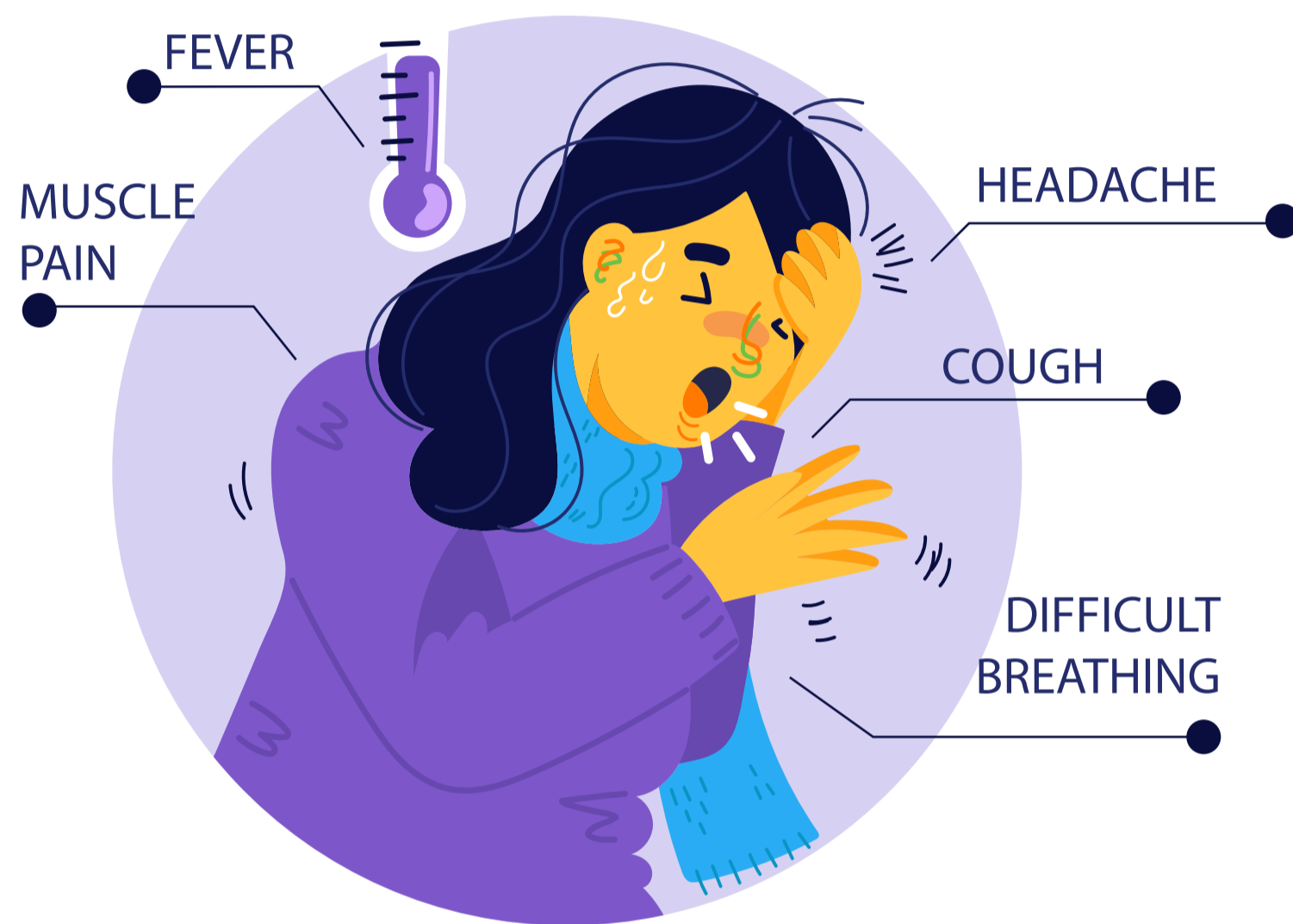
It is spread from an infected person through contact as well as droplets in the air from sneezing and coughing.

Common signs include:

- Fever,
- Dry cough,
- Fatigue
- Shortness of breath,
- Breathing difficulties.

Only a small percentage of cases will have severe infections which can cause:

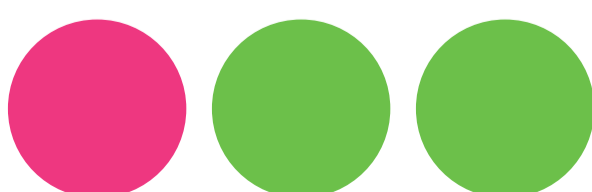
- Pneumonia,
- Severe acute respiratory syndrome,
- Kidney failure



**If you have the above symptoms, you should self quarantine for 14 days.**

**If your symptoms continue please dial \*719# or call the Hotline Toll Free number 0800721316.**

**Contact the Ministry of Health on their hotline numbers:  
0729 47 14 14 or 0732 35 35 35**



# Do's and Dont's

**DO** wash your hands thoroughly with soap and water.

**DO** use a tissue to cover your nose & mouth when you sneeze or cough. Throw the tissue in the trash after use.

**DO** clean & disinfect frequently touched objects and surfaces.

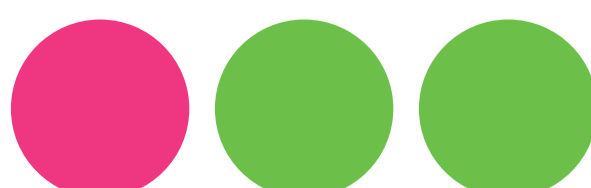
**DO** stay at home if you feel sick or start developing flu like symptoms especially fever and dry cough for 14 days.

**DON'T** touch your face.

**DON'T** travel if you have a fever or cough.

**DON'T** wear a face mask if you are well.

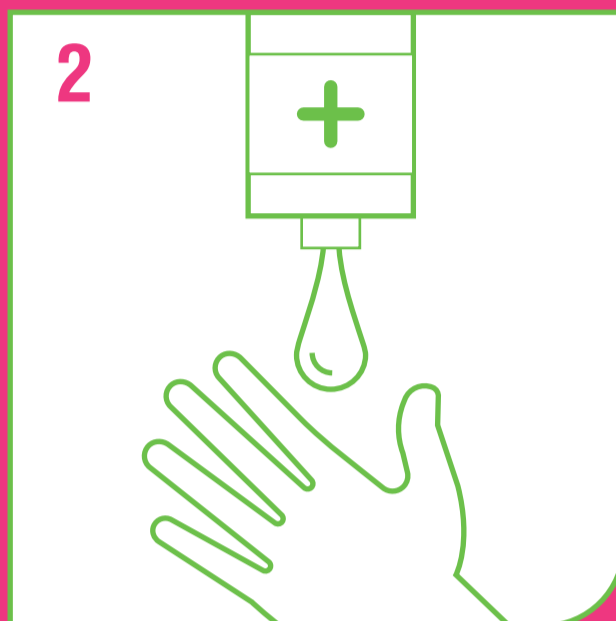
**Don't** rush immediately to a medical facility before calling the toll free numbers. This avoids congestion in the facilities and getting others infected.



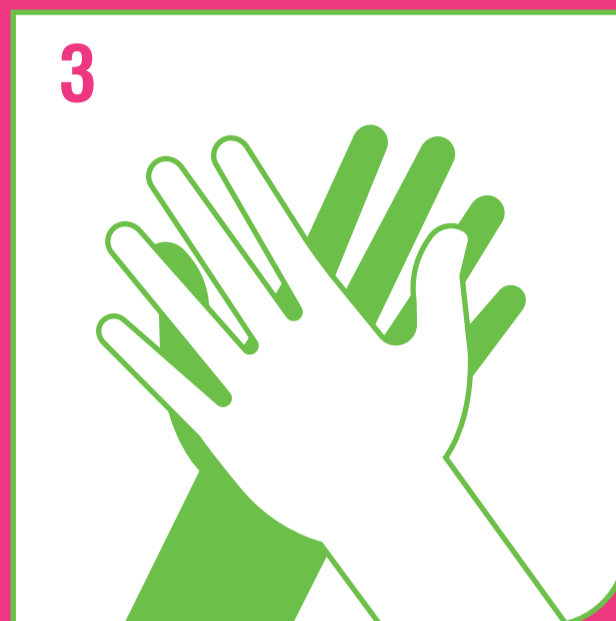
# How To Wash Your Hands Effectively



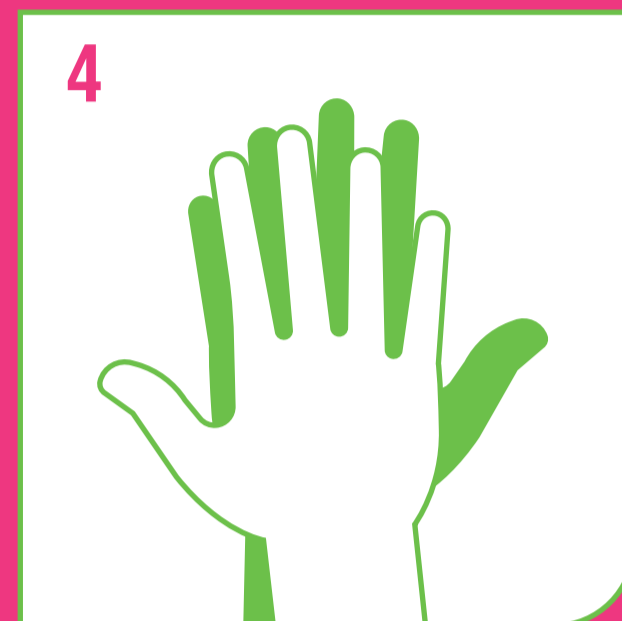
WET YOUR HANDS



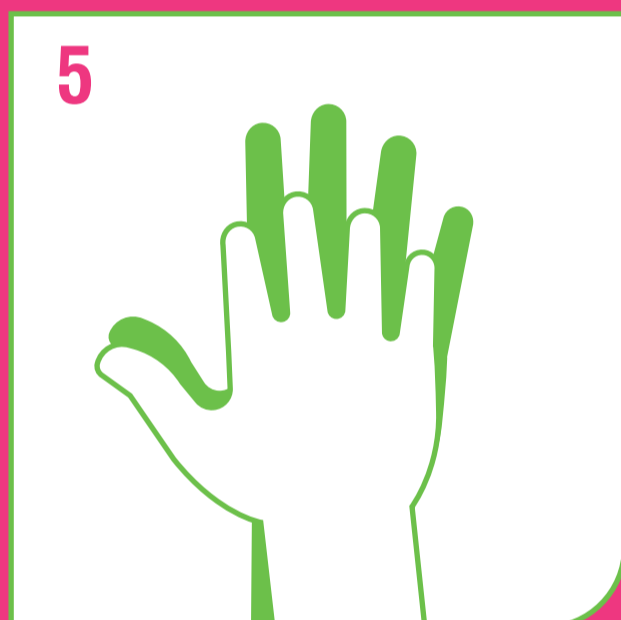
APPLY SOAP



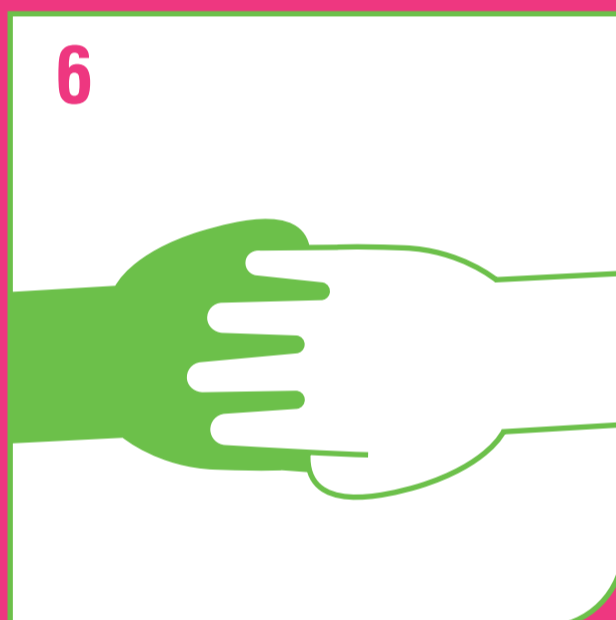
RUB YOUR PALMS TOGETHER



RUB THE BACK OF YOUR HANDS WITH YOUR PALM.



INTERLOCK YOUR FINGERS



RUB THE BACKS OF YOUR FINGERS



RUB EACH THUMB CLASPED IN YOUR OPPOSITE PALM



RUB THE TIPS OF YOUR FINGERS AND UNDER YOUR FINGERNAILS



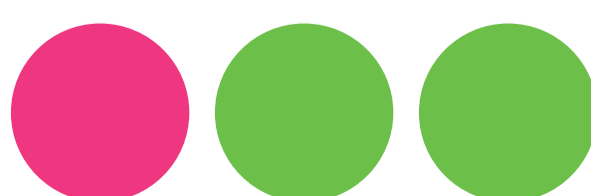
RINSE YOUR HANDS WITH ENOUGH WATER



USE A PAPER TOWEL TO DRY YOUR HANDS



TURN OFF THE TAP WITH A PAPER TOWEL

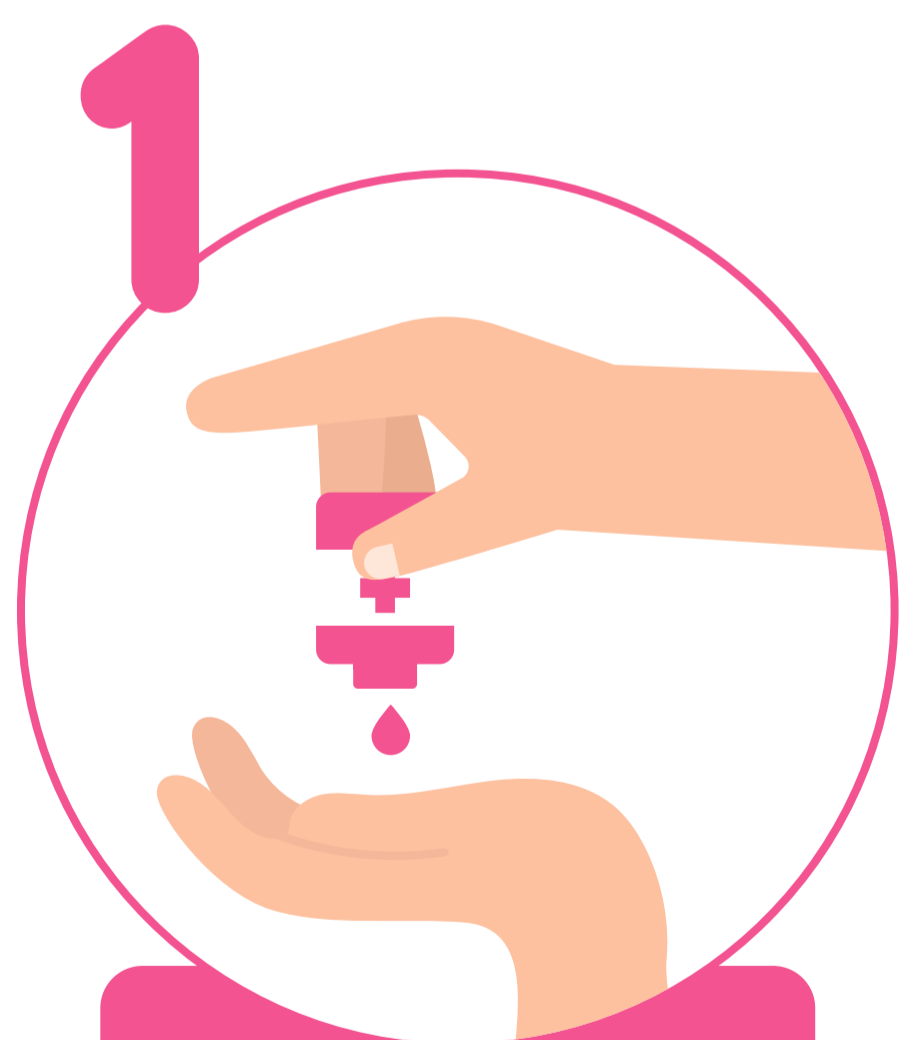


# Don't have any soap or water nearby? This is how to use Hand Sanitizer.

When soap and water are not available alcohol based sanitizers can be used as a practical alternative to washing your hands. Just like soap you need to make sure you cover every bit of your hands with the sanitizer.

Just like soap alcohol attacks and destroys the envelope protein that surrounds some viruses, including coronaviruses. This makes them fall apart and unable to spread.

However only hand sanitizers with more than 60% alcohol are effective at destroying viruses. Products with lower alcohol levels may only be effective in reducing the growth of germs and bacteria.



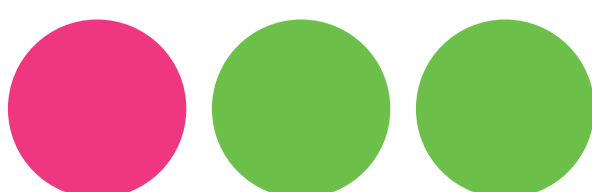
Dispense an adequate amount of hand sanitizer on your palms.



Rub well over your palms, the back of hands between your fingers, fingertips & fingernails till dry



Rub sanitizer on surfaces you touch often.



## **How likely am I to catch COVID-19?**

Governments and health authorities are taking vigorous action every time a new case of COVID-19 is identified. Be sure to comply with any local restrictions on travel, movement or large gatherings.

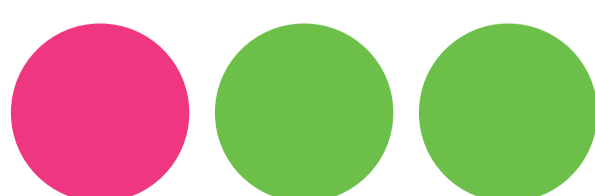
Cooperating with disease control efforts will reduce your risk of catching or spreading COVID-19.

## **Should I worry about COVID-19?**

Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, in a small percentage of cases it can cause serious illness: about 1 in every 5 people who catch it need hospital care. It is therefore quite normal for people to worry about how the COVID-19 outbreak will affect them and their loved ones.

## **Who is at risk of developing severe illness?**

Experts are still learning about how COVID-2019 affects people, older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others.



## **Are antibiotics effective in preventing or treating the COVID-19?**

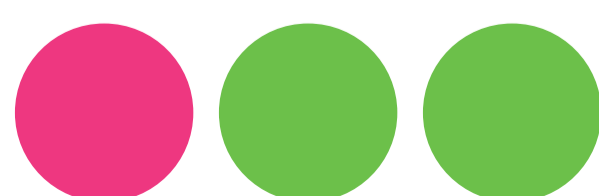
No. Antibiotics do not work against viruses, they only work on bacterial infections. COVID-19 is caused by a virus, so antibiotics do not work. Antibiotics should not be used as a means of prevention or treatment of COVID-19. They should only be used as directed by a physician to treat a bacterial infection.

## **Is there a vaccine, drug or treatment for COVID-19?**

Not yet. To date, there is no vaccine and no specific antiviral medicine to prevent or treat COVID-2019. However, those affected should receive care to relieve symptoms. People with serious illness should be hospitalized. Most patients recover thanks to supportive care.

## **Should I wear a mask to protect myself?**

Only wear a N95 mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19. Disposable face mask can only be used once. There is a world-wide shortage of masks, so WHO urges people to use masks wisely.



## **How long is the incubation period for COVID-19?**

The “incubation period” means the time between catching the virus and beginning to have symptoms of the disease. Most estimates of the incubation period for COVID-19 range from 1-14 days, most commonly around five days. These estimates will be updated as more data become available.

## **How long does the virus survive on surfaces?**

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other viruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean your hands by washing them with soap and running water, if that is not available use an alcohol-based sanitizer. Avoid touching your eyes, mouth, or nose.



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