

HOW TO PROTECT YOURSELF FROM CORONAVIRUS DISEASE (COVID-19)



What is coronavirus disease 2019?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

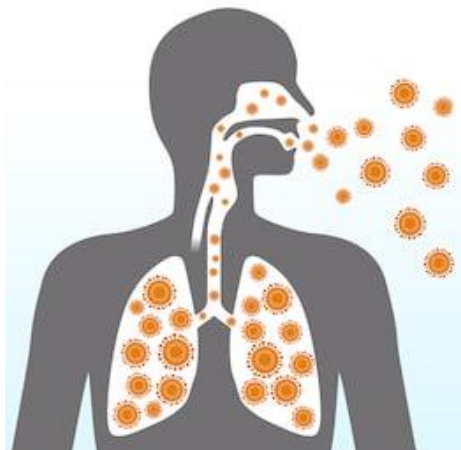
Can I get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.



*Content source:

- International SOS (<https://www.internationalsos.com/-/media/corporate>)
- CDC - Center for Disease Control & Prevention, U.S. (<https://www.cdc.gov/coronavirus/2019-ncov>)



Symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- Fever
- cough
- Shortness of breath

CORONAVIRUS PREVENTION



BASIC PROTECTIVE MEASURES AGAINST COVID-19

- 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, regular exercise and sleeping well will help to support your immune system and, longer term promote good health.

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
- After touching your nose or mouth

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To Prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod or a bow



Protection Mask (When and How)

WHEN TO USE 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 severe complications e.g. older adults or those with underlying illness, TO CONSIDER WEARING A MASK.
- Some authorities have advised to use MASKS WHILE TRAVELLING OR WORKING IN PUBLIC PLACES to reduce the chances of droplet transmission.
- 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

HOW TO USE THE MASK, IF REQUIRED

- Before putting on a mask, clean your hands with soap and water, or alcohol-based hand sanitizers.
- Cover mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it; if you do so, clean your hands with soap and water, or alcohol-based hand sanitizers.
- When you remove the mask: remove it from behind. Do not touch the mask on the front.
- Discard mask immediately in a closed bin.
- Clean hands with soap and water, or alcohol-based hand sanitizer.

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DOs



DON'Ts

DOs (WHAT MUST BE DONE TO PROTECT ONE'S SELF)	DON'Ts (WHAT MUST NOT BE DONE)
Wash your hands frequently with soap and water or, use an alcohol-based hand rub. This will remove the virus if it is on your hands.	AVOID HAND-SHAKING AND HUGGING AT ALL TIMES.
Cover your mouth and nose with tissue or a handkerchief when coughing and sneezing. Throw away the used tissue immediately and wash your hands with soap and water or use an alcohol-based hand rub. The handkerchief must be washed by yourself daily and ironed with a hot iron. In this way, you protect others from any virus released through coughs and sneezes.	When sick with flu-like symptoms avoid going to public places, offices and public gatherings. Remain at home to avoid infecting others
Maintain reasonable distance between yourself and someone who is coughing, sneezing (at least 1 meter apart).	Avoid close contact with people who are visibly sick with flu-like symptoms (fever, cough, sneeze).
Avoid touching your eyes, nose and mouth. Hands touch many surfaces which can be contaminated with the virus and you can transfer the virus from the surface to yourself.	You do not need to wear medical masks if you do not have respiratory symptoms such as cough, sneezing or running nose.
If you have fever, cough and difficulty in breathing, seek medical care immediately. If possible, call a health worker and alert them about your condition. Always follow the guidance of your health care worker.	Don't take self-medication such as antibiotics
People with flu-like symptoms should use face masks to cover the nose and mouth and stay home in a well-ventilated room.	Do NOT spit in public. Find a secluded place like toilets or pit latrines in which to spit.
If you are caring for individuals who have symptoms, such as cough and fever you are encouraged to use a face mask to cover your nose and mouth for personal protection	Delay travel to countries that currently have many patients with Coronavirus disease. If you MUST travel, please follow the above protective measures.
Clean and disinfect frequently touched surfaces such as doorknobs/handles, car doors, elevator buttons etc. daily with regular household disinfectant or soap and water.	Avoid travel if you have flu-like symptoms
All travelers coming from countries affected by the Coronavirus disease should follow guidance given by health workers at the airport and other border entry points.	

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