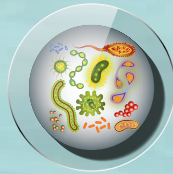


2019 Novel Coronavirus

Coronavirus is a large family of viruses causing infections in animals and humans. The novel Coronavirus (COVID-19) is a new type of Coronavirus that has not previously been found in humans, causing a range of respiratory diseases that can progress to severe pneumonia and require intensive care. The first case of infection with this virus was reported on December 2019, 31 in Wuhan, in People's Republic of China, and later many confirmed cases have been reported in other countries around the world.



Avoid travelling to China or other endemic countries where there is ongoing disease transmission unless really crucial

Mode of transmission

The person-to-person transmission of infection can occur through following mechanisms:

- Direct transmission: via direct contact with infected person through aerosol produced during coughing and sneezing.
- Indirect transmission: through touching surfaces (e.g., door knobs and contaminated items etc.) then touching the mouth, nose or eyes.

Symptoms

The symptoms of infection with new corona virus includes respiratory symptoms that may progress to severe pneumonia and even death.

These symptoms include the followings:

- Fever.
- Cough.
- Shortness of breath.
- Severe pneumonia, which may require respiratory ventilator in the intensive care unit.



This virus can cause more severe infection and complications in the elderly and people with chronic diseases, such as diabetes, renal failure, lung disease, cancer and people with a weak immune system

Travelers coming from the People's Republic of China or other endemic countries, during the last 14 days or those who are in direct contact with person suffering from pneumonia and has any of the symptoms mentioned above, please visit the nearest health care facility to get immediate management.

Prevention

The following measures are recommended for preventing the infection and/or spreading the virus:

1. Cover the mouth and nose during sneeze or cough to contain the contaminated aerosols.
- Use tissue or if not available use your sleeves.
- Dispose tissue after use in a waste bin and clean your hands.
- Avoid touching someone or something before cleaning your hands.
2. Wash hands thoroughly with soap and water, if not available use hand sanitizer.
3. Avoid touching eyes and nose if the hand is not clean.
4. Avoid direct contact with the sick person (for example, shaking hands, kissing and sharing their personal items).
5. Avoid crowded places as much as possible especially if you have weak immunity.
6. Clean and disinfect frequently touched surfaces by the patient.
7. Wear face mask if you are sneezing or/and coughing and have to be with other people.



There is still no effective «vaccine» for this disease

Treatment

The current available treatment is only to relieve the disease symptoms and manage complications according to the patient's clinical condition.



“The infected person(s) are also advised to take, plenty of liquids, good nutrition, and adequate rest and sleep”



If you were taking care of a person confirmed to have infection with the new corona virus or arrived from an endemic area:

1. The health care team will evaluate your condition and if there was no evidence of infection quarantine (separate with restricting movement) will be recommended
2. Adhere to the following preventive measures while in quarantine:
 - Stay in a separate room from others.
 - Ensure that the place of quarantine is well

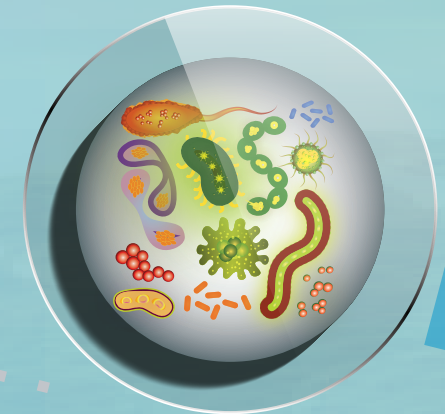


ventilated including shared places (such as toilet and kitchen)

- Reduce direct/close contact with other people
 - Caregiver's should clean their hands frequently especially after contact with the symptomatic person or his/her immediate environment.
 - If symptomatic "fever, sneeze and/or cough":
 - Use protective mask and clean hands frequently to avoid spread of infection.
 - Go to the nearest health care facility or contact the public health number provided for advice regarding management
3. Make sure that:
- Patient caregiver is not elderly or has any chronic health diseases.
 - Not to visit crowded places until 14 days have elapsed after contact with the patient.
 - Not to use public transport for transporting a patient, and transport the patient in a private car with keeping the windows open.

Your awareness is a prevention

NOVEL CORONAVIRUS (COVID-19)



“Adhering to healthy habits, infection preventions and control measures by health care workers, affected patients and their care givers will reduce the risk of transmission of this virus”