2019 Coronavirus Disease (COVID-19)

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.

Source: WHO
When someone who has COVID-19 coughs or exhales, they release droplets of infected fluid. Most of these droplets fall on nearby surfaces and objects—such as desks, tables, or telephones. People could catch COVID-19 by touching contaminated surfaces or objects—and then touching their eyes, nose, or mouth.

An infected person can have contaminated hands, face, and clothes. Physical contact can transmit the disease.
Symptoms of COVID-19

Reported illnesses have ranged from mild symptoms to severe respiratory illness. It may take 2-14 days for an infected person to show signs & symptoms of the disease. Symptoms may include:

- Fever
- Cough
- Shortness of breath

Despite absence of symptoms, an infected person can still pass the virus.

Source: https://www.cdc.gov/
Simple ways of reducing the spread

1. Keep your distance from an infected person at least 1M distance.

2. It is a good idea to avoid large crowds of people. Avoid handshake. Avoid hugging.

People who are infected can show NO SYMPTOMS but they are infectious.

When you are NOT SICK Protect Yourself.
Simple ways of reducing the spread


Wash with soap to here and Elbow.
Simple ways of reducing the spread

4. Also use sanitizers to reduce risk of infection

5. Clean Surfaces (e.g. desks and tables) and objects (e.g. telephones, mouses, keyboards) need to be wiped with disinfectant regularly
Simple ways of reducing the spread

6. Advise employees and contractors to consult national travel advice before going on business trips.

When on quarantine at home stay in a separate room from family members to avoid infecting them.

7. Brief your employees, contractors and customers that if COVID-19 starts spreading in your community anyone with this symptoms should stay at home to avoid further spread of the virus.
Advice patients and community members to avoid close contact with sick animals both domestic and wild. But if they must they should use protective materials such as gloves and mask.
For Health care workers

Put on personal protective equipment such as masks (n95), gloves, gowns, alcohol-based hand rub (ABHR) or water & soap for hand hygiene and disinfectants for cleaning surfaces

Protect yourself from getting exposed to the virus by adhering to the Infection Prevention and Control practices
Being ready in case COVID-19 arrives

In office: “If you develop symptoms suggestive of COVID-19 immediately contact your health provider or your country specific Covid-19 hotline for further advise.”

At home: “If you develop any symptoms that could be COVID-19, call your health provider or the Covid-19 country specific hotline for further advice.”
How to stay informed

Find the latest information from WHO on where COVID-19 is spreading:


Advice and guidance from WHO on COVID-19


- https://www.epi-win.com/

www.amref.org/coronavirus