

COVID-19

WHAT YOU NEED TO KNOW

The virus probably emerged from an animal source but now seems to be spreading from person to person. It's important to note that person-to-person can happen on a continuum. At this time, it's unclear how easily or sustainably this virus is spreading between people. Covid-19 (Coronavirus) are a large family of viruses that are common in many different species of animals, including camels, cattle, cats and bats. Rarely, animal coronaviruses can infect people and then spread between people such as MERS and SARS. When person-to-person spread has occurred with MERS and SARS, it is thought to have happened mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and others respiratory pathogens spread. Spread of SARS and MERS between people has generally occurred between close contacts.

Source: www.theverge.com/coronavirus-outbreak-china-wuhan-quarantine-who-sars-cdc-symptoms-risk

HOW CAN I PROTECT MYSELF AND OTHERS?

There are currently no vaccines available to protect you against novel coronavirus infection. You may reduce risk by doing the following.



Wash your hands often with soap and water for at least 20 seconds or use alcohol based hand sanitizer containing at least 60% alcohol.



Avoid unprotected contact with wild or farm animals. Wear protective gloves if required to contact and wash hands after contact.



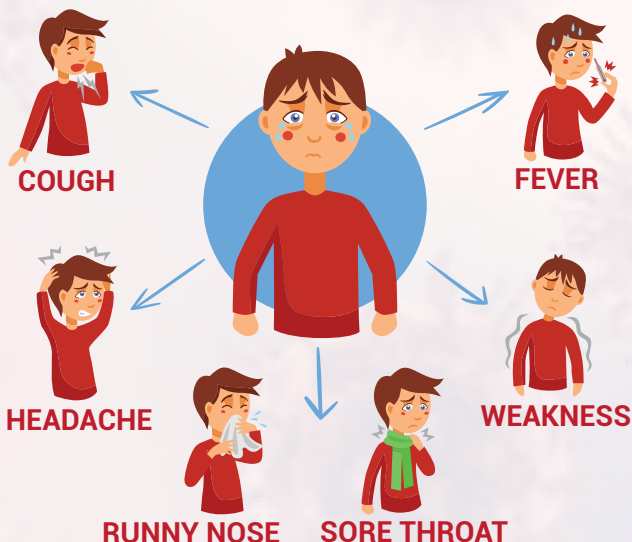
Wear face mask or cover your mouth with tissues if you have cough or running nose



Avoid contact with people who are sick or crowded places.

WHAT YOU HAVE TO DO IF YOU ARE SICK?

The symptoms is very similar to common cold.



- **STAY HOME EXCEPT TO GET MEDICAL CARE**
You should restrict activities outside your home, except for getting medical care.
- **SEPARATE YOURSELF FROM OTHER PEOPLE IN YOUR HOME.**
As much as possible, you should stay in different room from people in your home. Also, you should use a separate bathroom, if available.

It is the severity and complications of these symptoms that causes lower respiratory tract infections which could lead to death. It is more common among people with cardiopulmonary disease, infants and older adults.

REMAIN VIGILANT AND ADOPT GOOD PERSONAL HYGIENE PRACTICES

Call the clinic ahead of your visit and inform the doctor of your symptoms

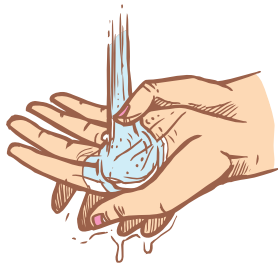
Source: Centre for Disease control and prevention USA

WASH YOUR HANDS OF GERMS!

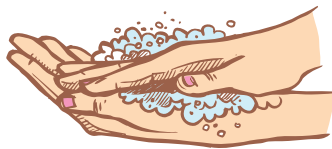
CLEAN HAND IS A CARING HAND

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

HOW TO WASH YOUR HAND PROPERLY?



Wet your hands with clean, running water, turn off the tap, and apply soap.



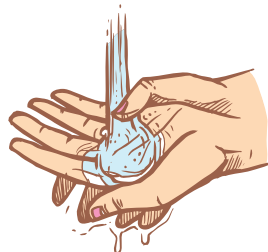
Lather your hands by rubbing them together with the soap



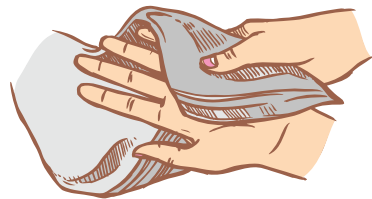
Lather the backs of your hands, between your fingers.



Scrub your hands for at least 20 seconds.



Rinse your hands well under clean, running water.



Dry your hands using a clean towel or air dry them.

Source: cdiffoundation.org

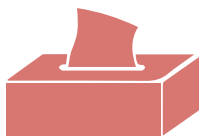
WHEN TO WASH?



AFTER USING THE BATHROOM



WHEN PREPARING FOOD & EATING



AFTER SNEEZING OR BLOWING YOUR NOSE



NO SINK AVAILABLE?

**HAND
SANITIZER IS AN
EFFECTIVE OPTION**

but use alcohol based
hand sanitizer
containing at least
60% alcohol.

WEARING MASK

WHO NEED TO WEAR MASK?

WHAT IS A FACE MASK USED FOR

Face masks are one tool utilized for preventing the spread of disease. Face masks are loose-fitting masks that cover the nose and mouth, and have ear loops or ties or bands at the back of the head.

WHEN SHOULD A FACE MASK BE WORN

Consider wearing a face mask when you are sick with a cough or sneezing illness (with or without fever) and you expect to be around other people. The face mask will help protect them from catching your illness.

Source: www.sfcddp.org/communicable-disease/healthy-habits/how-to-put-on-and-remove-a-face-mask/

HOW TO WEAR MASK?



It should **COVER YOUR MOUTH, NOSE AND CHIN**, with the coloured side facing outwards.



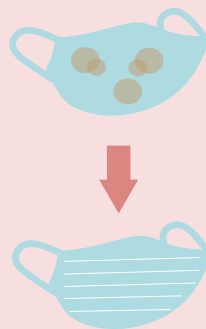
Ensure the **COLOURED SIDE FACING OUTWARDS**. The outer layer is fluid repelling layer and prevent germs from sticking to it. While the inner layer is to absorb moisture.



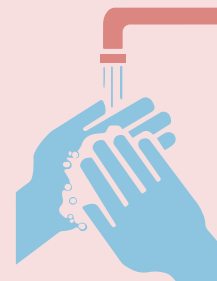
PINCH THE METAL EDGE OF THE MASK so that it presses gently on your nose bridge.



Remove used mask by **HOLDING ONLY THE EAR LOOPS**



Masks are single used. **CHANGE YOUR MASKS REGULARLY OR WHEN IT IS SOILED.**



WASH YOUR HANDS WITH SOAP AND WATER after disposing the soiled mask properly into a bin

Source: www.moh.gov.sg/2019-ncov-wuhan/resources

ENHANCED QUARANTINE

WHO NEED TO QUARANTINE?

IF SOMEBODY TRAVELS TO CITIES WITH CONFIRMED CASES, HOW MANY DAYS OF NO-SYMPTOMS AFTER THE TRAVEL, WILL HE/SHE THEN BE CONSIDERED CLEAN AND DISEASE-FREE?

- Data from early cases in China suggests that the incubation period is **up to 14 days**.
- Travellers are advised to monitor their health closely for at least 14 days upon return to Malaysia. You are advised to seek medical attention promptly if you feel unwell, and to also inform your doctor of your travel history.

WHY THE AFFECTED PERSON NEED TO QUARANTINE?

- Health experts are worried that the people who returning from China could develop the new coronavirus, which has affected thousands of people, and infect other people around them.
- The returning people may look perfectly well, but it is possible they may have been exposed to the virus and not know it, or may have the virus but be showing no symptoms.
- While they are quarantined, the general public is being protected from contact with anyone who may be infected.

Source: www.bbc.com/news/health

**BREAKING
NEWS
ALERT**

