

COVID-19

IS NOT STOPPED BY PANIC BUT BY INTELLIGENCE

HOW COVID-19 SPREADS

When someone with COVID-19 coughs or exhales they release droplets of infected fluid. Most fall on nearby surfaces and objects- and then touching their eyes, nose or mouth. If they are standing within one meter of a person with COVID-19 they can catch it by breathing in droplets coughed or exhaled by them.

- Make sure your workplaces are clean and hygienic. Surfaces and objects need to be wiped with disinfectant regularly.
- Wash hands every 1 hour with soap and water for at least 20 seconds especially after going to the bathroom; before eating and after blowing your nose, coughing or sneezing.
- Do not touch face, mouth or nose with hands with washing your hands.
- Place sanitizing hand rub dispensers in prominent places. Make sure they are regularly refilled.
- Be mindful of doorknobs, switches, handles, computers, telephones, bedside tables, bathroom sinks, toilets, counters, toys and other surfaces that are commonly touched.
- If you have to sneeze or cough, cover your nose and mouth with a tissue and throw tissue away after use. If a tissue isn't available, cough or sneeze into your elbow or sleeve, not your hands.
- Ensure that facemasks and/or paper tissues are available for those who develop a runny nose or cough at work, along with closed bins for hygienically disposing of them. If you feel sick do not report to work.
- Anyone with even a mild cough or low grade fever (37.3 °C or more) needs to stay at home. They should also stay home if they had to take simple medications such as paracetamol which may mask symptoms of infection.
- Avoid crowded places, public gatherings, musicals shows etc.
- Do not panic and spread false news.

Initial symptoms- COVID-19 does not cause a cold with a wet nose or a cough with a cold, but rather a dry and rough cough.