

What is Coronavirus Covid-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments.

How to protect yourself against Covid19



No hands

For your own safety and that of others, avoid handshakes



Wash hands

Wash your hands frequently and properly with soap



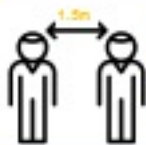
Use paper napkins

Use disposable paper napkins to cough and sneeze. Safely throw away immediately after use



Use your elbow

Sneeze and cough into your inner elbow



Social distancing

Keep a distance of 1.5meters from others at all times



Shopping

Avoid contact with cash as much as possible. Pay using card or digital / mobile money

The correct way to wash hands



Wet hands with water



apply enough soap to cover all hand surfaces.



Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

People with symptoms of COVID-19 are advised to self-isolate and avoid contact with others. People with symptoms of COVID-19 are advised to self-isolate and avoid contact with others.