

CORONA VIRUS

THINGS WE NEED TO KNOW

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. This has now been declared a pandemic by WHO.


In case of any suspected symptoms, and/or information, assistance contact the following hotline numbers:

Institute of Epidemiology Disease Control And Research (IEDCR)

Hotline:

01944333222, 01937000011,
01937110011, 01927711784,
01927711785, 01550064901,
01550064902, 01550064903,
01550064904, 01550064905

You can also email to
iedcrcovid19@gmail.com

 ledcr, COVID-19 Control Room

Directorate General of Health Services (DGHS)

Hotline:

16263, 333



SYMPTOMS

- Fever
- Shortness of breath
- Stomach upset
- Headache
- Cough
- Cold
- Diarrhea
- Feeling of discomfort

* For those who already suffer from chronic ailments (diabetes/hypertension/respiratory illness/heart disease/kidney problems/cancer, etc), contracting the virus could possibly lead to further complications including organ failure.

HOW DOES IT SPREAD?



THROUGH AIR
(COUGH AND SNEEZE OF
INFECTED PERSON NEARBY)



PERSONAL
CONTACT



SNEEZE AND COUGH OF
INFECTED PERSON



CONTAMINATED
OBJECTS

HOW TO PREVENT IT?



WASH YOUR HANDS WITH SOAP OFTEN, FOR AT LEAST 20 SECONDS. REMEMBER TO CLEAN THE BACK OF THE HANDS, IN BETWEEN THE FINGERS AND UNDER THE NAILS. ALTERNATIVELY, HAND SANITIZERS CAN BE USED



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH WITHOUT WASHING HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS



AVOID SHAKING HANDS, EMBRACE ETC.; MAINTAIN SAFE DISTANCE FROM OTHERS



ALWAYS COVER YOUR COUGH AND SNEEZE WITH TISSUE OR FLEXED ELBOW. DISCARD THE TISSUE IMMEDIATELY INTO A COVERED WASTE BIN AFTER USE



DISINFECT FREQUENTLY TOUCHED OBJECTS SUCH AS TABLE, MOBILE, HANDLE ETC.



AVOID CROWDED AREAS LIKE GATHERINGS AND RESTAURANTS