

REDUCE YOUR RISK OF **CORONAVIRUS** INFECTION



Clean hands with soap and water or alcohol-based hand rub



Cover nose and mouth when coughing with tissue or flexed elbow



Avoid close contact with anyone with cold or flu-like symptoms



Thoroughly cook meat and eggs



Avoid contact with wild or live farm animals



MINISTRY OF
**HEALTH &
WELLNESS**

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Adapted from the
**World Health
Organization**

#ProtectYourselfFromCoronavirus
#StayCoronavirusFree #KeepHealthy

Reduce your risk of **coronavirus** infection:



Clean hands with soap & water
or alcohol-based hand rub

Cover nose and mouth when coughing and
sneezing with tissue or flexed elbow



Avoid close contact with anyone with
cold or flu-like symptoms

Thoroughly cook meat and eggs



No unprotected contact with live wild
or farm animals



Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are dirty
- after handling animals or animal waste



Protect others from getting sick

Cover mouth and nose with
tissue, sleeve or elbow when
coughing or sneezing



Throw tissue into closed bin after use

Clean hands after coughing or
sneezing and when caring for
the sick



Shopping in wet markets?

Stay healthy!

Wash hands with soap and water after
touching animals and animal products



Avoid touching eyes, nose and
mouth

Avoid contact with sick
animals and spoiled meat



Avoid contact with stray animals,
waste and fluids in market



PROTECT YOURSELF **AND OTHERS** FROM GETTING SICK



wash your hands with soap and water:

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

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What is a coronavirus?

Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

What is a novel coronavirus?

A novel coronavirus (CoV) is a new strain of coronavirus that has not been previously identified in humans.

Can humans become infected with a novel coronavirus of animal source?

Detailed investigations found that SARS-CoV was transmitted from civet cats to humans in China in 2002 and MERS-CoV from dromedary camels to humans in Saudi Arabia in 2012. Several known coronaviruses are circulating in animals that have not yet infected humans. As surveillance improves around the world, more coronaviruses are likely to be identified.

What are the symptoms of someone infected with a coronavirus?

It depends on the virus, but common signs include respiratory symptoms, fever, cough, shortness of breath, and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Can coronaviruses be transmitted from person to person?

Yes, some coronaviruses can be transmitted from person to person, usually after close contact with an infected patient, for example, in a household workplace, or health care centre.

What can I do to protect myself?

Standard recommendations to reduce exposure to and transmission of a range of illnesses include maintaining basic hand and respiratory hygiene, and safe food practices and avoiding close contact, when possible, with anyone showing symptoms of respiratory illness such as coughing and sneezing.

Are health workers at risk from a novel coronavirus?

Yes, they can be, as health care workers come into contact with patients more often than the general public WHO recommends that health care workers consistently apply appropriate **infection prevention and control** measures.

What WHO recommendations for countries?

WHO encourages all countries to enhance their surveillance for severe acute respiratory infections (SARI), to carefully review any unusual patterns of SARI or pneumonia cases and to notify WHO of any suspected or confirmed case of infection with novel coronavirus.

Countries are encouraged to continue strengthening their preparedness for health emergencies in line with the International Health Regulations (2005).

Source: WHO [9 January 2020]

How to protect yourself from getting infected

WHO's standard recommendations for the general public to reduce exposure to and transmission of a range of illnesses are as follows, which include hand and respiratory hygiene, and safe food practices:

- Frequently clean hands by using alcohol-based hand rub or soap and water;
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands;
- Avoid close contact with anyone who has fever and cough;
- If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider;
- When visiting live markets in areas currently experiencing cases of novel coronavirus, avoid direct unprotected contact with live animals and surfaces in contact with animals;
- The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.