Coronavirus disease (COVID-19)  

advise for the public

Basic protective measures against the new coronavirus

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. COVID-19 is still affecting mostly people in China with some outbreaks in other countries. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

✓ Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

**Why?** Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands

✓ Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

**Why?** When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

✓ Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

✓ Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

**Why?** Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

✓ If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

**Why?** National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
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✓ Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading

- Follow the guidance outlined above.
- Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover. Why? Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.
- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travellers. Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

Protect yourself and others from getting sick:

Wash your hands

| Wash your hands with soap and running water when hands are visibly dirty |
| If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water |

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 visibly dirty |
| after handling animals or animal waste |
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How to cope with stress during 2019-nCoV outbreak:

Coping with stress during the 2019-nCoV outbreak:
- It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.
- If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.
- Don’t use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.
- Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or a local or state public health agency.
- Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.
- Draw on skills you have used in the past that have helped you to manage previous life’s adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

Helping children cope with stress during the 2019-nCoV outbreak:
- Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.
- Respond to your child’s reactions in a supportive way, listen to their concerns and give them extra love and attention.
- Children need adults’ love and attention during difficult times. Give them extra time and attention. Remember to listen to your children, speak kindly and reassure them. If possible, make opportunities for the child to play and relax.
- Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.
- Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.
- Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age. This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).
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Practice food safety:

- Use different chopping boards and knives for raw meat and cooked foods.
- Wash your hands between handling raw and cooked food.

Sick animals and animals that have died of diseases should not be eaten.

Even in areas experiencing outbreaks, meat products can be safely consumed if these items are cooked thoroughly and properly handled during food preparation.

Shopping/Working in wet markets in China and Southeast Asia:

- 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.

- Wear protective gowns, gloves, and facial protection while handling animals and animal products.
- Remove protective clothing after work, wash daily, and leave at the work site.
- Avoid exposing family members to soiled work clothing and shoes.
- Frequently wash your hands with soap and water after touching animals and animal products.
- Disinfect equipment and working areas at least once a day.
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Stay healthy while travelling:

- Avoid travel if you have a fever and cough.
- If you have a fever, cough and difficulty breathing, seek medical care early and share your travel history with your health care provider.
- Frequently clean hands by using alcohol-based hand rub or soap and water.
- Avoid close contact with people suffering from a fever and cough.
- Avoid touching eyes, nose or mouth.
- When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands.
- If you choose to wear a face mask, be sure to cover mouth and nose – avoid touching mask once it’s on.
- Immediately discard single-use mask after each use and wash hands after removing masks.
- If you become sick while travelling, inform crew and seek medical care early.
- If you seek medical attention, share your travel history with your health care provider.
- Eat only well-cooked food.
- Avoid spitting in public.
- Avoid close contact and travel with animals that are sick.
When and how to use masks

When to use a mask

- If you are healthy, you only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection.
- Wear a mask if you are coughing or sneezing.
- Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- If you wear a mask, then you must know how to use it and dispose of it properly.

How to put on, use, take off and dispose of a mask

- Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
- Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
- Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.
- To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.
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