



AWARENESS SESSION ON PROTECTIVE MEASURES AGAINST CORONAVIRUS

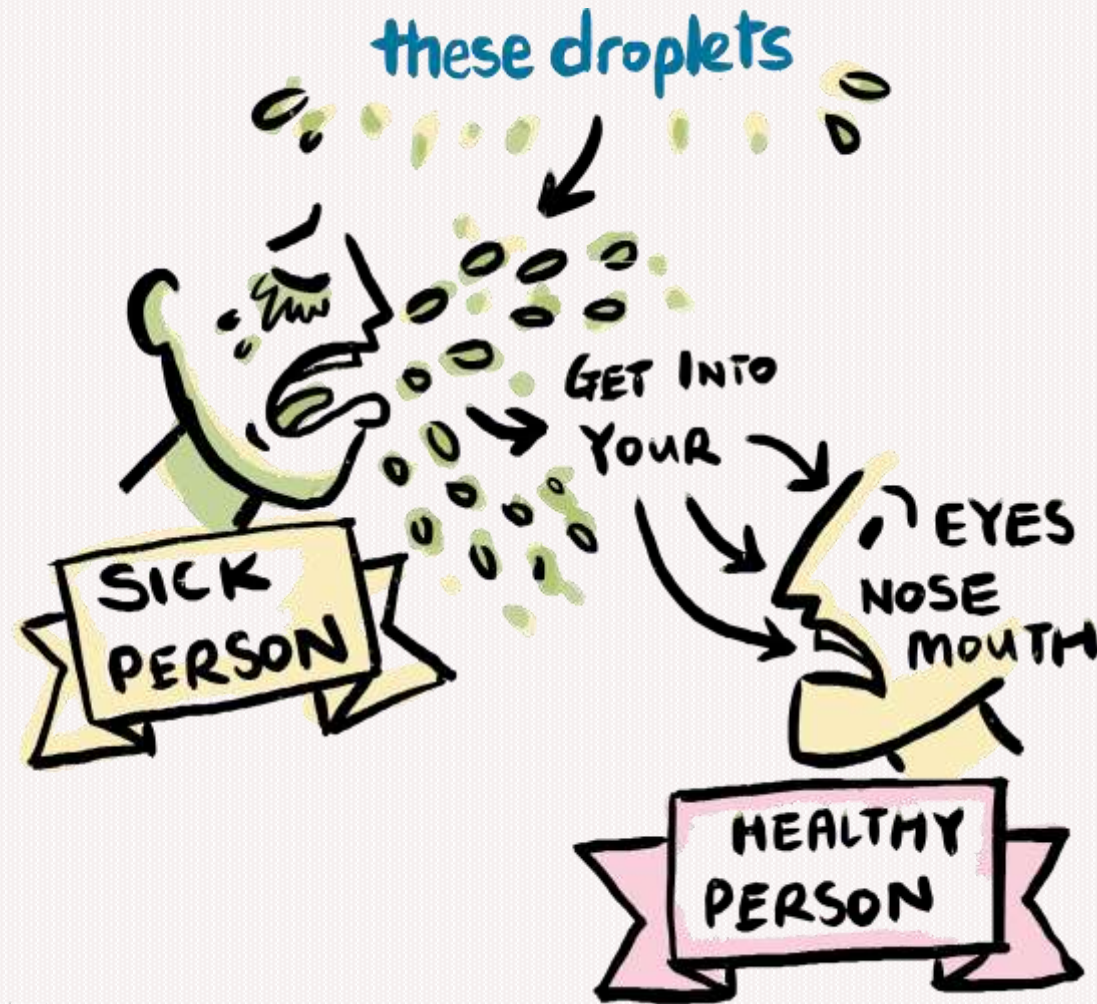


SYMPTOMS OF COVID-19

- Fever
- Tiredness
- Dry cough
- Pains
- Nasal congestion
- Runny nose
- Sore throat
- Diarrhea

HOW DOES IT SPREAD

The disease can spread from person to person through small droplets released from the nose or mouth. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth.





BASIC PROTECTIVE MEASURES

WASH YOUR HANDS FREQUENTLY & THOROUGHLY

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



PRACTICE RESPIRATORY HYGIENE

Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



AVOID TOUCHING EYES, NOSE & MOUTH



AND IF YOU TOUCH ANY OF THESE THINGS BY ACCIDENT, AND THEN TOUCH YOUR FACE,



AVOID COMING INTO CONTACT WITH SICK PEOPLE

YOU CAN CHOOSE TO:



- ① KEEP YOUR DISTANCE.
2m to 0.5m will keep you safe
from large droplets.

MAINTAIN SOCIAL DISTANCE



AND IN GENERAL, IT'S A GOOD IDEA TO AVOID CROWDS, BECAUSE YOU DON'T KNOW WHO MIGHT BE SICK.



PRACTICE FOOD SAFETY

Practise food safety

Use different **chopping boards and knives** for raw meat and cooked foods



Wash your hands between handling raw and cooked food.



Practise food safety

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



STAY HEALTHY WHILE TRAVELLING

**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 previous
travel history with your health
care provider**



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**STAY HEALTHY
WHILE TRAVELLING**

**Eat only well-
cooked food**



 **Avoid spitting in public**

**Avoid close contact
and travel with
animals that are sick**



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AND, FINALLY

- Stay at home if you feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover.
- If you develop fever, cough and difficulty breathing, seek medical advice promptly.
- Stay informed on latest developments about COVID-19.
- Follow all protective measures
- Eat healthy & maintain a healthy lifestyle
- Socialize with your loved ones at home & be in touch with other family & friends on phone.





STAY SAFE EVERYONE
THANK YOU !!!