



## **WHAT IS CORONA VIRUS (COVID-19) DISEASE?**

It's a new respiratory disease which is highly contagious and it's mainly spread from person-to-person. 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.



## **GENERAL INFORMATION ABOUT COVID-19**

1. Corona Virus Disease 2019 (COVID19) is a new respiratory illness that can easily be spread from person to person.
2. COVID-19 is spread through contact with droplets produced by a person who is sneezing or coughing or contaminated surfaces or objects.
3. COVID-19 can cause severe symptoms like fever, cough, headache, body aches and difficulty in breathing.
4. COVID-19 is preventable through;
  - Washing your hands with soap and running water or using an alcohol based hand sanitizer,***
  - Keeping a social distance of at least 1 meter or 2-3 steps from people with flu-like symptoms.***
  - Avoiding shaking hands, hugging or kissing with people with flu-like symptoms.***
  - Staying at home and avoiding travel when you have flu-like symptoms.***
5. Early detection and treatment can contribute greatly to survival of the patient.
6. COVID 2019 cannot be transmitted through air.



## **How do you protect yourself?**

### **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 meter (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.



## CONTACT INFORMATION

If you feel unwell, have a cold or a cough or fever, please **call 719** or **text \*719#** which is a toll-free number provided by the Government of Kenya.

You can also call the following County Hotline number/visit the websites:

**Nairobi-** 0800721316 (tollfree) / 0732353535

**Mombasa-** 0793390984/0734881233/0777777242

<http://www.health.go.ke/>

<https://www.who.int/>

We would also like to remind you of alternative hotlines available in specific situations:

- National GBV (Gender-Based Violence) hotline: **1195**
- Kenya police emergency hotline: **999/112**
- MSF sexual violence hotline (Doctors without borders): **0711400506**
- LVCT Health (Liverpool voluntary counselling and treatment for HIV): **0800720121**

We thank you for staying calm and request that you exercise all reasonable precautions issued by the World Health Organization (WHO) and the Government of Kenya so as to protect yourselves and your families against COVID-19.