



## DO'S AND DON'TS CORONAVIRUS (Covid-19 DISEASE)

### THE DO'S AND DON'TS ON CORONAVIRUS DISEASE (COVID-19)

#### BACKGROUND

An outbreak of Coronavirus Disease (COVID-19) was declared by the People's Republic of China on 31<sup>st</sup> December, 2019. This outbreak has now spread to all continents.

The possibility of spread to Uganda is extremely high. It is important that the population remains on high alert and diligently exercises preventive measures to avoid contracting Coronavirus (COVID-19).

The Ministry of Health has developed the following do's and don'ts to educate the public on how to avoid contracting Coronavirus (COVID-19).

#### WHAT IS CORONAVIRUS DISEASE (COVID-19)?

This is a highly infectious disease caused by the new Coronavirus (COVID-19). It is spread from person-to-person through the droplets when a person coughs or sneezes and contact with contaminated surfaces.

#### SIGNS AND SYMPTOMS OF COVID-19

- Fever
- Cough
- Sore throat
- Difficulty in breathing
- Other flu like symptoms like running nose, sneezing and body weakness

#### WHAT MUST BE DONE TO PROTECT ONESELF (THINGS TO DO)

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

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

1. Cover your mouth and nose with tissue or a handkerchief when coughing and sneezing. Throw away the used tissue immediately and wash your hands with soap and running water or use an alcohol-based hand rub. The handkerchief must be washed by yourself daily and ironed with a hot iron. In this way, you protect others from any virus released through coughs and sneezes.
2. Maintain a reasonable distance between yourself and someone who is coughing, sneezing (at least 2 meter apart).
3. Avoid touching your eyes, nose and mouth. Hands touch many surfaces which can be contaminated with the virus and you can transfer the virus from the contaminated surface to yourself.
4. If you have a fever, a cough and difficulty in breathing, seek medical care immediately. If possible, call a health worker and alert them about your condition. Always follow the guidance of your health care worker.
5. People with flu-like symptoms should use face masks to cover the nose and mouth and stay home in a well-ventilated room.
6. If you are caring for individuals who have symptoms, such as a cough and a fever you are encouraged to use a face mask to cover your nose and mouth for your personal protection.
7. Clean and disinfect frequently touched surfaces such as doorknobs/handles, car doors, elevator buttons etc. daily with regular household disinfectant or soap and water.
8. All travelers coming from countries affected by the Coronavirus disease should follow guidance given by health workers at the airport and other border entry points.

### **WHAT MUST NOT BE DONE**

1. **AVOID HAND-SHAKING AND HUGGING AT ALL TIMES.**
2. Avoid close contact with people who are visibly sick with flu-like symptoms (fever, cough, sneeze).
3. When sick with flu-like symptoms avoid going to public places, offices and public gatherings. Remain at home to avoid infecting others.
4. You do not need to wear medical masks if you do not have respiratory symptoms such as a cough, sneezing or a running nose.
5. Do NOT take self-medication such as antibiotics.
6. Do NOT spit in public. Find a secluded place like toilets or pit latrines in which to spit.
7. Delay travel to countries that currently have many patients with Coronavirus disease. If you MUST travel, please follow the above protective measures.
8. Avoid travel if you have flu-like symptoms.

The public is also advised to report any suspected cases to the nearest health facility or call our toll-free lines on **0800-203-033** and **0800-100-066** or the following officers  
Mr. Atek Kagirita **0782 909 153**, Dr. Allan Muruta- **0772 460 297**.