THE CORONAVIRUS (COVID-19)

Health promotion directorate
Production section
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WHAT IS A CORONAVIRUS?

- Coronaviruses are a large family of viruses known to cause illnesses ranging from the common cold to severe acute respiratory syndrome.
WHAT IS THE NEW CORONA VIRUS?

- The New Coronavirus (COVID-2019) is a new strain of coronavirus that has not been previously detected in humans.
The source of the new corona virus is currently unknown; however, infected animals are considered a potential source.
CAN COVID-19 BE TRANSMITTED FROM PERSON-TO-PERSON?

- Yes, the virus can be spread from person-to-person through direct or indirect contact with an infected person.
HOW DOES COVID-19 SPREAD BETWEEN PEOPLE?

- The virus is transmitted through:
  - Direct contact
  - Respiratory droplets produced while talking, sneezing or coughing
  - Breathing
IS THERE A REASON FOR PEOPLE TO PANIC?

- No, according to the current data, most new cases show mild symptoms.
- COVID-19 is less severe than other common respiratory diseases.
- However, individuals with weakened immune systems are at a higher risk of developing serious complications.
There are no specific treatments for infections caused by COVID-19. However, doctors may alleviate symptoms, while the patients’ immune system fight off the virus. Supportive care is proven to be effective.
IS THERE A VACCINE FOR COVID-19?

- There are no existing vaccines or treatments as of yet
HOW TO PROTECT YOURSELF FROM THE VIRUS?

Coronavirus (COVID-19) Exposure Prevention Instructions

- Wash your hands regularly and thoroughly using soap and water. Use alcohol-based sanitizers.
- Clean and disinfect frequently used objects and surfaces such as door handles.
- Cover your mouth when coughing or sneezing, and dispose of used wipes properly.
- Avoid contact with people experiencing a fever or suffering from a cough.
How to protect yourself from the virus?

How to handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

1. **Duration of the entire procedure:** 20-30 seconds

1a. Apply a small amount of the product in a cupped hand, covering all surfaces.

1b. Rub hands palm to palm.

2. Right palm over left palm with interlaced fingers and vice versa.

3. Palm to palm with fingers interlaced.

4. Backs of fingers to opposing palms with fingers interlinked.

5. Rotational rubbing of left thumb stepped in right palm and vice versa.

6. Rotational rubbing, backwards and forwards with stepped fingers of right hand in left palm and vice versa.

Once dry, your hands are safe.

How to handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

6. **Duration of the entire procedure:** 40-60 seconds

1. Wet hands with water;

2. Apply enough soap to cover all hand surfaces.

3. Rub handle palm to palm;

4. Right palm over left palm with interlaced fingers and vice versa.

5. Palm to palm with fingers interlaced.


7. Rotational rubbing of left thumb stepped in right palm and vice versa.

8. Rotational rubbing, backwards and forwards with stepped fingers of right hand in left palm and vice versa.

9. Rinse hands with water;

10. Use towel to turn off faucet;

11. Your hands are now safe.
WHAT ARE THE SYMPTOMS OF COVID-19?

• Common symptoms are: fever, coughing and difficulty breathing

• In severe cases, the virus is known to cause pneumonia, severe acute respiratory syndrome, kidney failure and even death

To all citizens and residents
If you experience the following symptoms related to the Coronavirus disease (COVID-19):

- Fever
- Cough
- Difficulty breathing

And if you have traveled to one of the countries infected with the disease or have interacted with a person traveling from any of those locations or interacted with an infected patient

Please follow these instructions:

1. Quarantine yourself at home, in a separate room
2. Call 444
3. Follow the instructions given by the medical team
4. Avoid close contact with others
SHOULD I VISIT CHINESE MALLS IN BAHRAIN AMID GLOBAL COVID-19 OUTBREAK?

- Visiting Chinese malls in Bahrain does not increase the risk of being exposed to the virus as no new cases were recorded among workers
SHOULD I STOP IMPORTING CHINESE PRODUCTS VIA E-COMMERCE?

• COVID-19 has not been proven to retain within packages

• Also, the time period between dispatch and arrival exceeds the incubation period of the virus as agreed upon thus far internationally

• COVID-19 does not have the ability to persist in an infectious state on surfaces for long periods
TRAVELING TO COVID-19-AFFECTED COUNTRIES:

- Take protective measures by complying to standard health guidelines
- Consider staying at home and avoid crowded places when possible
- Wear a face mask at all times while in crowded places
- Go to the nearest medical health center if you experience any symptoms
PASSENGERS ARRIVING TO BAHRAIN:

- Passengers arriving from mainland China:
  - All passengers will be examined upon arrival, with special care placed for those showing symptom, including: fever, cough, shortness of breath, difficulty breathing, diarrhea or vomiting
  - Passengers showing no symptoms will be continually monitored for a duration of 14 days

- Passengers arriving from COVID-19-affected countries during the past 14 days, will also be assessed according to the risk status of that country
ARE THERE TRAVEL RESTRICTIONS ON CHINA OR OTHER COVID-19-AFFECTED COUNTRIES?

- The Kingdom of Bahrain’s Ministry of Foreign Affairs has urged citizens and residents to avoid traveling to China.
WHERE CAN I GET MORE INFORMATION ON COVID-19?

- Should you have any questions or for all other enquiries regarding COVID-19, please contact (444)
Ways to strengthen the immune system

- Exercise regularly
- Eat a diet rich in fruits and vegetables
- Get adequate sleep
- Drink plenty of water to avoid dehydration
- Avoid smoking
- Try to minimize or reduce stress and anxiety
- Ensure you receive needed vaccinations according to the schedule of vaccinations recommended by the Ministry of Health
Ways to prevent the spread of infections

- Wash your hands with water and soap regularly
- Refrain from shaking hands; opt for verbal greetings
- Refrain from kissing and hugging
- Cover your mouth and nose with a tissue when you sneeze or sneeze into the crook of your elbow
- Refrain from interacting with people or attending social gatherings
Thank you for your attention to this matter