Public Awareness Campaign to Combat Coronavirus (COVID-19)

THE CORONAVIRUS (COVID-19)

Health promotion directorate

Production section

2020

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 corona virus that has not been previously detected in humans

WHAT IS THE SOURCE OF THE COVID-19?

 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

IS THERE A CURE FOR THE NEW CORONA VIRUS?

 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?

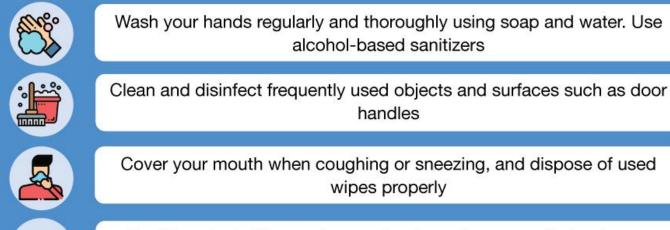
There are no existing vaccines or treatments as of yet

HOW TO PROTECTYOURSELF FROM THE VIRUS?

Public Awareness Campaign to Combat Coronavirus (COVID-19)



Coronavirus (COVID-19) Exposure Prevention Instructions



Avoid contact with people experiencing a fever or suffering from a cough

HOW TO PROTECTYOURSELF FROM THE VIRUS?

How to handwash? How to handrub? RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB O Duration of the entire procedure: 20-30 seconds Duration of the entire procedure: 40-60 seconds 2 Wet hands with water Apply enough soap to cover all hand surfaces; Apply a paimful of the product in a cupped hand, covering all surfaces; Rub hands paim to paim; Right celm over left dorsum with Palm to palm with fingers interlaced; interlaced fingers and vice versa: Right palm over left dorsum with Palm to palm with fingers interlaced; Backs of fingers to opposing palms interlaced fingers and vice versa; with fingers interlocked; Rotational rubbing, backwards and Rotational rubbing of left thumb clasped in right paim and vice versa; forwards with clasped fingers of right hand in left palm and vice versa: 9 11 Rotational rubbing of left thumb Rotational rubbing, backwards and

clasped in right palm and vice versa;

1a

6

Once dry, your hands are safe. forwards with clasped fingers of right hand in left palm and vice versa;

Dry hands thoroughly

with a single use towel;

Use towel to turn off faucet;

Your hands are now safe









with fingers interlocked:

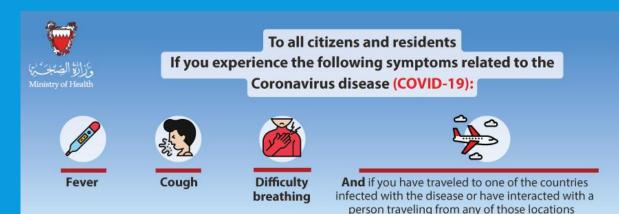






WHAT ARE THE SYMPTOMS OF COVID-19?

 Common symptoms are: fever, coughing and difficulty breathing



Public Awareness

to Combat

- In severe cases, the virus is known to cause pneumonia, severe acute respiratory syndrome, kidney failure and even death
- Please follow these instructions:
 - 1. Quarantine yourself at home, in a separate room

or interacted with an infected patient

- 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

Citizens warned not to travel to Iran, Thailand, Singapore, Malaysia and South Korea because of COVID-19



Banning entry to all foreign visitors who have visited the Islamic Republic of Iran, the Kingdom of Thailand, the Republic of Singapore, the Kingdom of Malaysia and the Republic of South Korea within 14 days of their date of arrival in the Kingdom.

 Bahraini citizens, GCC citizens and Bahraini residents who have visited Iran, Thailand, Singapore, Malaysia or South Korea within 14 days of arriving in Bahrain will be subject to guarantine and enhanced testing procedures recommended by the World Health Organization (WHO)

The Ministry advises citizens and residents to follow WHO guidelines and avoid all but essential travel to areas where Coronavirus (COVID-19) has been detected. (MOFA)

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)



Public Awareness Campaign to Combat Coronavirus (COVID-19)

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



Public Awareness Campaign to Combat Coronavirus (COVID-19)

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