Rules of conduct
How can I protect myself and others?

Wash your hands with soap
Regularly, wash hands with soap and running water, include wrist, fingernails, in between fingers.

Cough or sneeze correctly
Cover your nose and mouth with disposable tissue or cough and sneeze into your flexed elbow.

Avoid touching surfaces
Surfaces like doorknobs or taps can be contaminated. Wear gloves or wash hands with soap immediately afterwards.

Minimum 20 seconds
Use soap up to your wrist

Keep physical distance
Covid-19 virus can spread from one person to another. At all times, keep your physical distance of at least 1.5 meters.

Avoid crowded places and reduce physical contacts
Even infected people who feel healthy can infect others. Avoid hugging, kissing, shaking hands.

Stay at home
Staying at home is most effective protection. Even more, if you feel unwell.

Avoid touching your mouth, nose and eyes
Keep hands and fingers off your face, as Covid-19 enters through mouth, nose and eyes.

Call hotline if you show symptoms of Covid-19
If you show Covid-19 symptoms, call 719 to seek advice and medical treatment.

Your health, your responsibility!
Follow government’s advice.

Hotlines
0745 748991
0786 336316
0758 721986

Ministry of Health
Dial 719 or *719#
COVID-19 is a highly infectious novel virus which can be **spread from one person to another**. It has been identified in China in December 2019 and since then, rapidly spread **all over the world**.

### How does Covid-19 spread?

1. **Directly:** The virus can enter the respiratory system through mouth, nose and eyes.
2. **Indirectly:** Contact with contaminated surfaces or things with the COVID-19 virus.

### The incubation period
The “incubation period” means the time between catching the virus and beginning to have symptoms of the disease. Most estimates of the incubation period for COVID-19 range from **1-14 days**, most commonly around **five days**.

### Signs and symptoms
These symptoms are usually mild and begin gradually.

- Fever
- Headache
- Runny nose
- Sore throat
- Body Ache
- Vomiting
- Diarrhea
- Dry cough
- Shortness of breath
- Difficulty breathing

In severe cases, COVID-19 can rapidly kill people. Special risk groups: **Older people** and those with **underlying medical problems** like high blood pressure, heart problems or diabetes, respiratory diseases are more likely to develop serious illness.

**People with fever, cough and difficulty breathing should seek medical attention.**

Spread information, not fear!

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**COVID-19 virus cannot be transmitted in areas with hot and humid climates.**

**FALSE.** From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather.

**Can spraying alcohol or chlorine all over your body kill the new coronavirus?**

**NO.** Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

**Can eating garlic or lemon help prevent infection with the new coronavirus?**

**NO.** Garlic and lemon are healthy foods that provide vitamins and minerals. However, there is no evidence from the current outbreak that eating garlic or lemon has protected people from the new coronavirus.

**Taking a hot bath prevents the new coronavirus disease**

**FALSE.** Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.

**Can regularly rinsing your mouth or nose with salty water help prevent infection with the new coronavirus?**

**NO.** There is no evidence that regularly rinsing the nose with salty water has protected people from infection with the new coronavirus.

There is some limited evidence that regularly rinsing nose with salty water can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.
It only kills the elderly, so younger people can relax

**FALSE.** This has been uttered by many who claim that the disease can only kill the elderly because they have a weak immune system.

The truth is, this disease has higher chances of leading to serious respiratory symptoms in younger people than seasonal flu.

The actions that young, healthy people take will have an important role in protecting the most vulnerable in society. So beware!

Drink a lot of hot or warm water to prevent infection

**FALSE.** This we have heard from people that if you drink lots of hot or warm water it will kill the virus.

There is no scientific evidence behind this claim that drinking hot water and keeping your mouth moist will prevent infection with coronavirus.

But staying hydrated can help keep your immune system strong since the virus will easily attack those with a weak immune system.

Drink water flushes virus into your stomach where acid will kill it

**FALSE.** This is yet another myth being propagated by some scholars and the educated folk. How can drinking water flush the virus straight to your stomach?

You cannot ‘flush out’ the virus from your airway by drinking water. The idea that drinking water will push the virus into your stomach where it will be killed is not based on any scientific fact. But do stay hydrated.

Get the flu vaccine!

**FALSE.** The symptoms of the flu and coronavirus are similar so developing fever and cough from influenza could result in having to be tested and/or isolated due to COVID-19.

There is no current evidence that the flu shot will help with coronavirus.

Africans are immune to coronavirus

**FALSE.** Decades of research has found that Africans are the most genetically diverse people on earth.

The genetic diversity of people from other continents is just ‘a subset of the diversity within Africa’, say researchers who have built Africa’s biggest genome library.

This means Africans have no single ‘blood genetic composition’ that can ‘resist’ the Covid-19 coronavirus.

WHO publishes daily situation reports on the COVID-19 outbreak but none of these reports mentions that African blood, or black skin, make people immune to the disease.

Hand dryers can kill the virus

**NO.** Hand dryers are not effective in killing the COVID-19. To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water.

Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

Share facts, not myths!

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