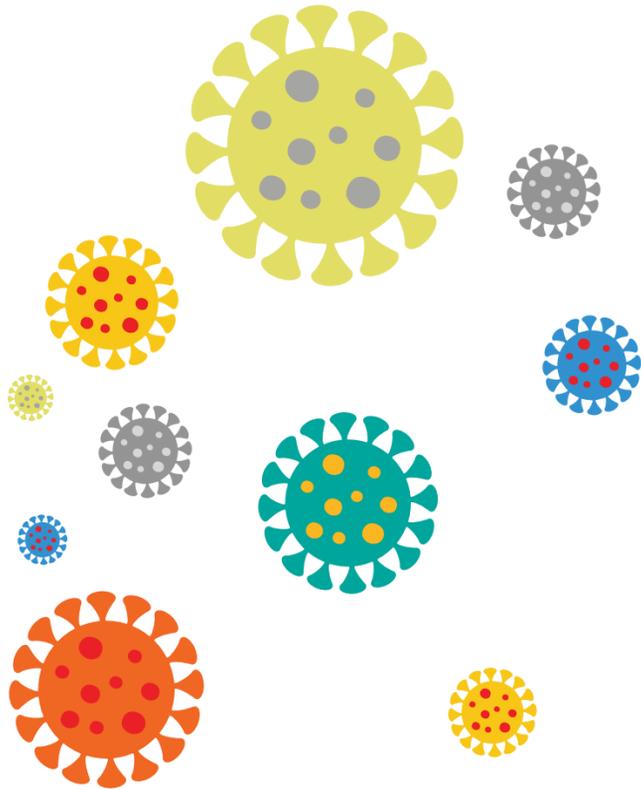




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Coronavirus Disease (COVID-19)



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Updated on 12/3/2020



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What is (COVID-19)?





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Coronavirus infection (COVID-19) Modes of transmission



1

Through respiratory droplets

2

Contact with contaminated surfaces

3

Direct contact with infected people



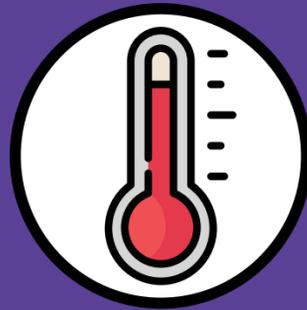
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Coronavirus (COVID-19) Symptoms



Fever



Cough



Shortness
of breath

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How to protect yourself from coronavirus infection (COVID-19)



Wash your hands

with soap and water for 40 secs
or use an alcohol-based hand
sanitizer for 20 secs



Cover your mouth and nose

when coughing or sneezing
using a tissue or your elbow
and by wearing a cloth mask
Whenever you are going out.



Avoid close contact with those

having respiratory symptoms
such as coughing or sneezing

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When to wash your hands?

Before, during and
after preparing food



Before eating



After coughin
and sneezing



Before and after caring
for the affected person



After using
the toilet



After changing
diapers



After touching
an animal



After touching
garbage



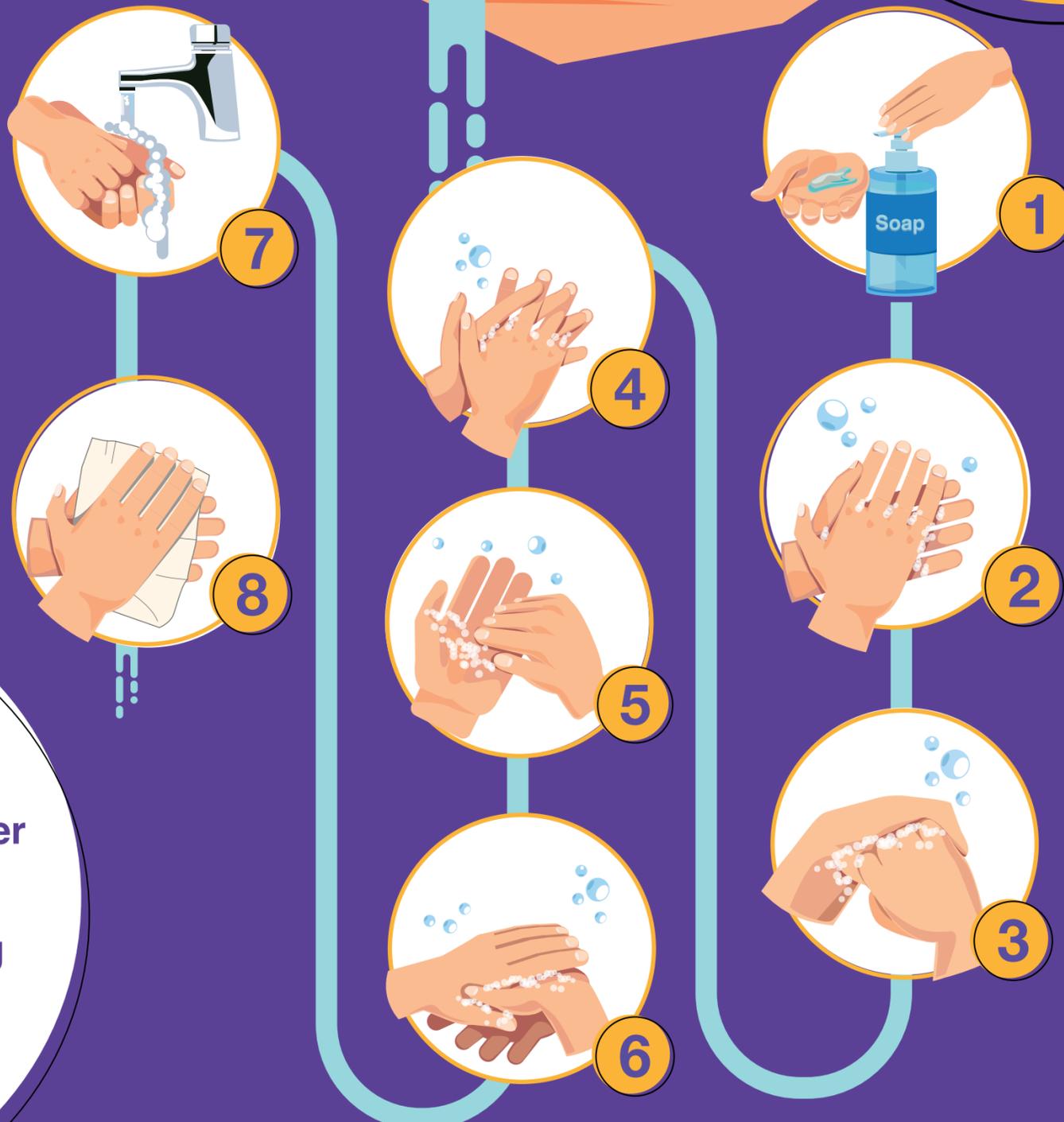
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The proper way to wash your hands



When

-  **Before and after** foods.
-  **After coughing** and sneezing
-  **After** using the toilet

Wash your hands with soap and water for 40 sec
or rub them with an alcohol-based sanitizer for 20 secs



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What is R0?





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Sneezing Etiquette

To stop the spread



Throw **used tissues** in the trash



Cover your **mouth** and **nose** with a tissue or your bent elbow.



Rub your hands with an alcohol-based sanitizer for 20 seconds (if soap and water no available)



Wash your hands with **soap** and **water** for **40 seconds**

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Why to wash your hands?





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How to make your own
cloth mask?





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من خلال
منصة موعد

Take the test through
Mawid application





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Home Quarantine

Procedures:

Cover your coughs and sneezes



with your bent elbow



or by using a tissue.



Throw used tissues in the trash.



Wash your hands with soap and water for 40 seconds or rub them using an alcohol-based sanitizer for 20 seconds

- Stay home in a room and away from others.
- Let those around you help you and look after you.

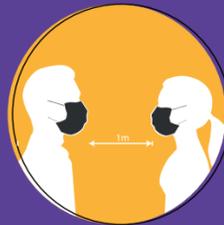


- Avoid travelling and going out in public.
- Visitors are not allowed during this period.

If you have to contact directly with others, wear a cloth mask when:



leaving the house or Going out in public



When necessary, Talking to others



When symptoms occur, call health 937

Follow this for 14 days to reduce the spread of infection

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الوقاية من كورونا

الفيروس الجديد
(COVID-19)

دليلك التوعوي

عن الفيروس

#الوقاية_من_كورونا



إحدى مبادرات وزارة الصحة

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