Coronavirus
disease 2019
(COVID-19)

Updated on 18/3/2020
What is **Corona virus?**
(COVID-19)
Corona virus infection transmission methods (COVID-19)

1. Through respirator droplets

2. Contact with contaminated surfaces

3. Direct contact with infected people

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Corona virus symptoms (COVID-19)

- Fever
- Cough
- Shortness of breath

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How to prevent yourself corona virus infection (COVID-19)

Wash your hands with soap and water

Cover your mouth and nose when coughing and sneezing

Avoid close contact who have symptoms of a respiratory Infection such as coughing or sneezing

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When to wash your hands?

Before, during and after preparing food

After coughing and sneezing

After using the toilet

After touching the animals

Before and after taking care of an infected person

After changing diapers

After touching the trash

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Wash your hands with soap and water for 40 sec or alcohol-based hand sanitizers for 20 sec.

When
- Before and after preparing food
- After coughing and sneezing
- After using the toilet

The Proper way to wash your hands

1. Soap
2. Rub hands
3. Rinse hands
4. Dry hands
5. Rub hands
6. Rinse hands
7. Rub hands
8. Rinse hands

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沙特卫生部
Ministry of Health

沙特阿拉伯王国
Kingdom of Saudi Arabia
The proper way to wash your hands
Sneezing etiquette to reduce infection

Use tissue when sneezing

Wash your hands with soap and water for 40 sec

cover your mouth and nose with your elbow

Dispose used tissue in the trash

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Wrong habits
The mask should not be worn!

unless you are:

1. suffering from respiratory symptoms e.g. coughing & sneezing

2. or in a direct contact with someone who has respiratory symptoms
Do you have COVID-19 symptoms?

Wear a mask

Call 937

You will be directed to the nearest hospital

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When to use the mask
If you are coming from a country that’s has confirmed cases with #Coronavirus_COVID19 within 14 days from the arrival date, then you are advised to:

- **Fever**
- **Cough**
- **Shortness of breath**
- **Wear mask**
- **Stay home**
- **Call 937**

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Travelling While COVID-19 outbreak

- Travel only if needed
- Wear a mask
- Avoid traveling when you have a fever or cough
- Avoid traveling to pandemic countries
- If you have symptoms of COVID-19, call 937
- People with chronic diseases should see a doctor before traveling

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They say...

Wearing a mask will protect you from catching coronavirus

Masks are only needed if you’re having symptoms of a respiratory infection, or of those who are in direct contact with infected individuals.

NO NO NO NO NO NO NO NO NO

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When coughing or sneezing:
- Cover your mouth with the elbow.
- Use tissues and dispose them in the trash.
- Wash your hands with soap, water or sterile alcohol.
- Stay home in a room and stay away from others as much as possible.
- Get help from those around you to take care of you.

When symptoms occur, call MOH 937.

Follow this for 14 days to reduce the spread of infection.
الوقاية من كورونا
الفيروس الجديد
(COVID-19)
دليلك التوعوي
عن الفيروس
#الوقاية_من_كورونا
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