Coronavirus
disease 2019
(COVID-19)
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

MOH initiative
Corona virus symptoms (COVID-19)

- Fever
- Cough
- Shortness of breath
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 infectio such 
as coughing or sneezing
Corona virus transmission methods (COVID-19)

Before, during and after preparing food

After coughing and sneezing

After using the toilet

After touching the animals

Before and after caring for the affected person

After changing diapers

After touching the trash

MOH initiative
The right way to wash hands

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

Wash your hands with soap and water for 40 sec or alcohol-based hand sanitizers for 20 sec.
The right way to wash hands your
Sneezing etiquette to reduce infection

- Use tissue paper when sneezing
- Wash your hands with soap and water for 40 sec
- Throw it in the trash
- Cover your mouth and nose with your elbow

MOH initiative
Wrong habits
The mask should not be worn!

Unless you are:

1. If you suffer from respiratory symptoms e.g. coughing & sneezing

2. Or in a direct contact with someone who has respiratory symptoms

SaudiMOH
www.moh.gov.sa
MOH initiative
Live Well
Do you have COVID-19 symptoms?

Wear a mask

Call 937

You will be directed to the nearest hospital

MOH initiative
When to use the mask
Prevention from COVID-19
If you come from outside the KSA

You develop symptoms within 14 days of your arrival

High fever + Sore throat + Shortness of breath

then you are advised to

Wear a face mask
Stay at home
Call 937

MOH initiative
Travelling WHILE COVID-19 outbreak

Wear a mask

Travel only if needed

Avoid traveling to endemic countries

Avoid traveling when you have a fever or cough

People with chronic diseases should see a doctor before traveling

If you have symptoms of COVID-19, call 937

MOH initiative
Wearing a mask will protect you from caching corona virus

Masks are only needed if you’re having symptoms of a respiratory infection, or of those who are in direct contact with infected individuals.
When coughing or sneezing:
- Cover your mouth with the elbow.
- Use tissues.
- Dispose of tissues in the trash.
- Wash your hands with soap, water or sterile alcohol.

When necessary, to communicate with others:
- Wear a mask when leaving the house or mingling with others.
- When necessary, to communicate with others:
- Get help from those around you to take care of you.
- Stay home in a room and stay away from others as much as possible.

When symptoms occur, call health 937.

Follow this for 14 days to reduce the spread of infection.

MOH initiative
الوقاية من كورونا
الفيروس الجديد (COVID-19)
دليلك التوعوي عن الفيروس
#الوقاية_من_كورونا
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