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

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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
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 caring for the affected person
- After changing diapers
- After touching the trash

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保健 "MOS" 洗手
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

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

The right way to wash hands

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Live Well

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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

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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
Do you have COVID-19 symptoms?

Wear a mask

Call 937

You will be directed to the nearest hospital
When to use the mask
Prevention from COVID-19
If you have arrived from (China, Thailand, Singapore, Malaysia) and have started suffering from the following symptoms during the 14 days following your arrival:

High fever + Sore throat + Shortness of breath

then you are advised to:

Wear a face mask
Stay at home
Call 937

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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

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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.
Home Quarantine Procedures:

When coughing or sneezing:
- Use tissues and dispose them in the trash.
- Cover your mouth with the elbow.
- 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.

When symptoms occur, call health 937

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

• Avoid traveling and public places (school or work).
• Avoid receiving visitors at home.

Ministry of Health
 SaudiMOH
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الوقاية من كورونا
الفيروس الجديد (COVID-19)
دليلك التوعوي عن الفيروس
#الوقاية_من_كورونا

إحدى مبادرات وزارة الصحة
آخر تحديث 13/4/2020