

WORLD HEALTH ORGANISATION ADVICE ON THE CURRENT OUTBREAK OF CORONAVIRUS DISEASE (COVID-19)

Basic protective measures against the new coronavirus

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Practice respiratory hygiene

Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Covering your mouth and nose when coughing or sneezing avoid the propagation of viruses or bacteria. If you sneeze or cough into your hands, you can contaminate the objects or people you touch.

Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing, especially if they have a fever.

Why? When someone has a respiratory disease, such as the COVID-19, and coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets, including the virus.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

If you have a fever, cough and difficulty breathing, seek medical care early

Tell your healthcare provider of any recent travel to or contact with travellers from an area where the presence of COVID-19 has been reported.

Why? If you develop a fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Respiratory symptoms with a fever can have several causes, and depending on your travel history and personal circumstances, COVID-19 could be one of them.

If you have mild respiratory symptoms and no history of travel to areas with reported cases

If you have mild respiratory symptoms and no history of travel to locations with reported cases of COVID-19, carefully practice basic hand and respiratory hygiene and stay home until you recover, if possible.

As a general precaution, **practising general hygiene measures is recommended when visiting live animal markets, fresh produce markets or animal markets.**

Wash your hands regularly with soap and drinking water after handling animals and animal products; avoid touching your eyes, nose, or mouth with your hands, and avoid contact with sick animals or animal products. Strictly avoid all contact with other animals in the market (e.g., stray cats and dogs, rodents, birds, bats). Avoid contact with possibly contaminated animal waste or fluids on the ground or in shops and markets.

Avoid consumption of raw or undercooked animal products

Handle raw meat, milk and animal organs with care to avoid cross-contamination with raw food, following safe food practices.

When and how to use a mask

If you are healthy, you only need to wear a mask if you are taking care of a person with suspected COVID-19 infection.

Wear a mask if you are coughing or sneezing.

Masks are effective only when used in combination with frequent hand cleaning with alcohol-based hand rub or soap and water.

If you wear a mask, then you must know how to use it and dispose of it properly.

How to put on, use, take off and dispose of a mask

Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.

Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

Coronavirus disease (COVID-19) advice for the public: Myth busters

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Updated WHO advice for international traffic in relation to the outbreak of the novel coronavirus COVID-19

https://www.who.int/ith/2019-nCoV_advice_for_international_traffic/en/