MINI-POSTERS: COVID-19

PROTECT YOURSELF AND OTHERS

MARCH 5, 2020
WORLD HEALTH ORGANIZATION
Wash your hands

Wash your hands with soap and running water when hands are visibly dirty.

If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water.

World Health Organization
Protect others from getting sick

When coughing and sneezing cover mouth and nose with flexed elbow or tissue

Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick
Protect others from getting sick

Avoid close contact when you are experiencing cough and fever

Avoid spitting in public

If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider

World Health Organization
Practise food safety

Even in areas experiencing outbreaks, meat products can be safely consumed if these items are cooked thoroughly and properly handled during food preparation.
Practise food safety

Sick animals and animals that have died of diseases **should not be eaten**
Practise food safety

Use different chopping boards and knives for raw meat and cooked foods

Wash your hands between handling raw and cooked food.

World Health Organization
STAY HEALTHY
WHILE TRAVELLING

Avoid travel if you have a fever and cough

If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider

World Health Organization
STAY HEALTHY
WHILE TRAVELLING

Avoid close contact with people suffering from a fever and cough

Frequently clean hands by using alcohol-based hand rub or soap and water

Avoid touching eyes, nose or mouth

World Health Organization
STAY HEALTHY WHILE TRAVELLING

Eat only well-cooked food

Avoid spitting in public

Avoid close contact and travel with animals that are sick

World Health Organization
Coping with stress during the 2019-nCoV outbreak

It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.
Helping children cope with stress during the 2019-nCoV outbreak

Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child’s reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults’ love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.

Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.

Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).