

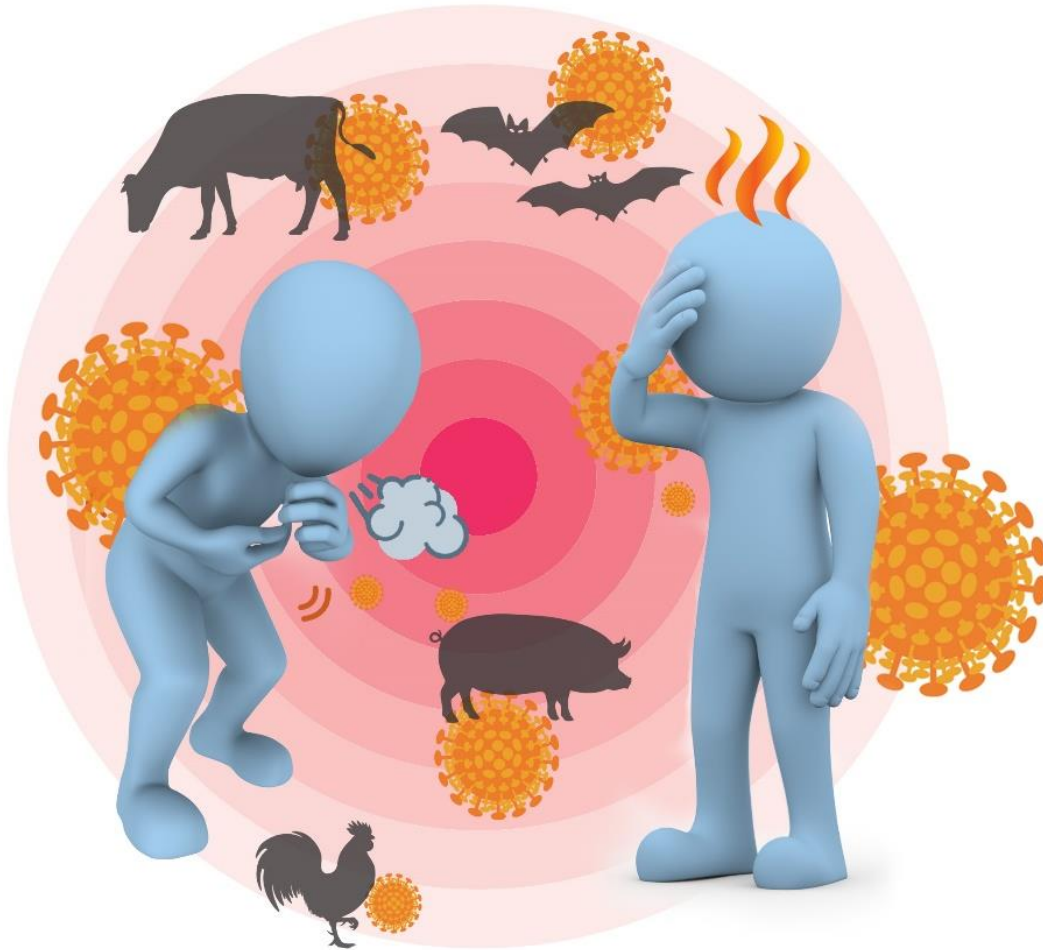
Coronavirus Disease 2019 (COVID-19)

What you need to know?

Department of Health
March 2020



Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) causes COVID-19



- SARS-CoV-2 is a **new virus**.
- The first cases were identified in people with **pneumonia** in Wuhan, China, in late December 2019.
- It probably **started in animals** but is now spreading between people.
- As this virus is new, **we are learning more all the time**, and what we know now may change.

The virus has spread to many countries through travel

- WHO has declared the situation a '**pandemic**', which means there are multiple countries reporting spread within their countries.
- **Basic precautions can prevent the disease from spreading in Seychelles, and stop an outbreak.**



SITUATION IN NUMBERS

total (new) cases in last 24 hours

Globally

179 112 confirmed (11 526)

7426 deaths (475)

Western Pacific Region

91 779 confirmed (289)

3357 deaths (23)

European Region

64 189 confirmed (8507)

3108 deaths (428)

South-East Asia

508 confirmed (124)

9 deaths (2)

Eastern Mediterranean Region

16 786 confirmed (330)

873 deaths (3)

Regions of the Americas

4910 confirmed (2234)

68 deaths (18)

African Region

228 confirmed (42)

4 deaths (1)

WHO RISK ASSESSMENT

Global Level

Very High

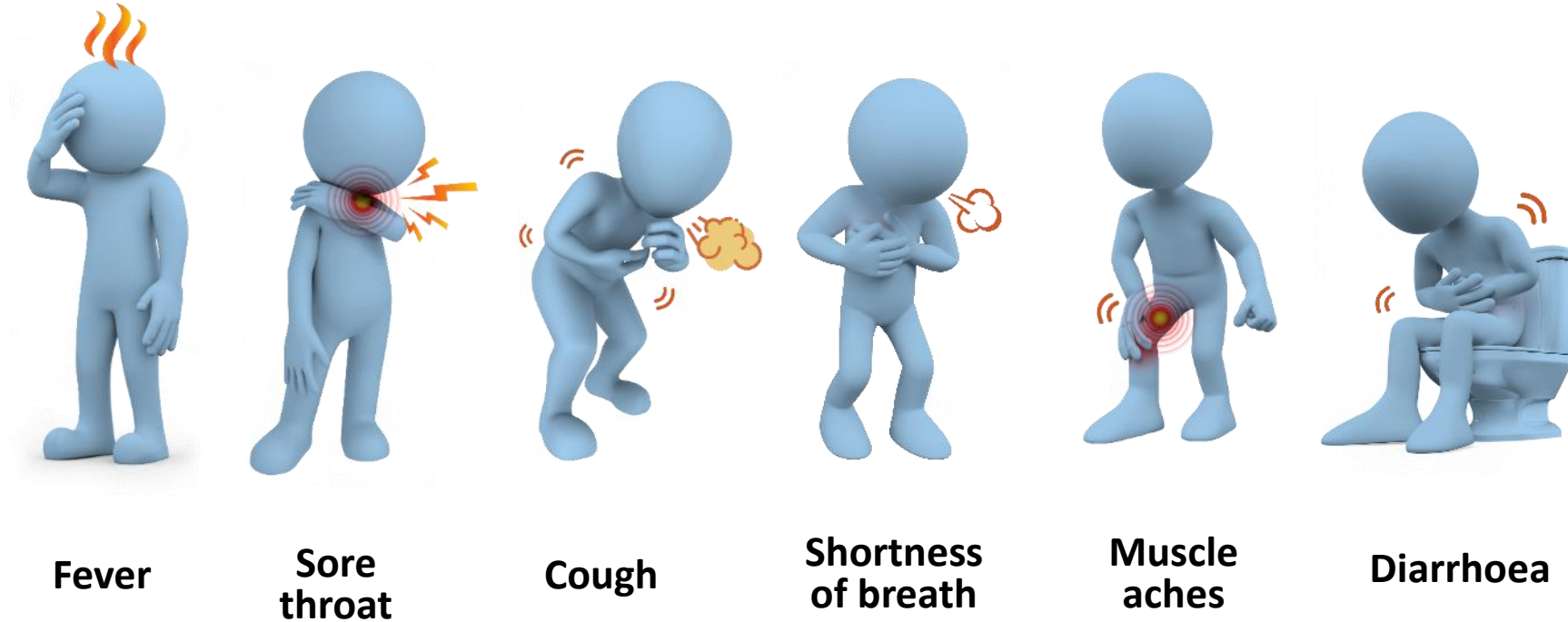
How is it spread?

Covid 19 spreads from person to person like colds and flu.

- Through **droplets** which are created when we talk, cough and sneeze.
- People can get infected when these droplets enter the nose, eyes or mouth.
- Touching **contaminated objects** and surfaces puts the droplets onto your hands. **If you touch your face** the droplets can enter your nose / eyes / mouth.



Symptoms start like many other illnesses



- Symptoms start 2 to 14 days after exposure to an ill person.
- Some people have no symptoms, **most** have a mild illness. But it can be severe and sometimes fatal.

Diagnosis and treatment

- Because symptoms are similar to many other illnesses, **tests are needed to make the diagnosis** (throat swab, blood test).
- There is **no specific treatment**.
- Mild symptoms can be treated with medicine to lower the fever, or relieve pain.
- If symptoms are more severe, treatment in hospital is required.



To prevent COVID-19

- **Maintain good personal hygiene**
 - Wash your hands frequently with soap and water.
 - Use alcohol-based hand sanitiser when soap and water are not readily available.
 - Cover your coughs and sneezes. Use a tissue or your upper sleeve. Immediately throw the tissue in a bin and wash your hands.
- **Anyone who has any symptoms even if only mild should stay home and seek medical advice.**



Steps in Handwashing (WHO)



Avoid exposure

- **Avoid touching your face** (eyes, nose and mouth) – especially if you have touched objects handled by many people (such as handrails, door handles).
- **Do not share food, drinks and personal items.**





Catch It	Bin It	Kill It
		
<p>Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.</p>	<p>Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.</p>	<p>Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.</p>

As a safety precaution, always use the correct disposal method for all waste. © 2010 The Centers for Disease Control and Prevention. All rights reserved.



Avoid exposure

- **Keep away from people who are sick – don't let them cough or sneeze on you.**
- **Avoid activities which expose you to large groups of people.**
- When in public areas, as much as possible, **keep 1-2 metres distance from sick people.**



After any travel

- Monitor your health.
- **Seek medical attention if you develop symptoms** by telephoning your local clinic or the 141 Hotline.
- If advised to come to clinic, consider wearing a mask, use private transport and avoid contact with others as much as possible.
- Ensure you provide your travel history to the medical facility.



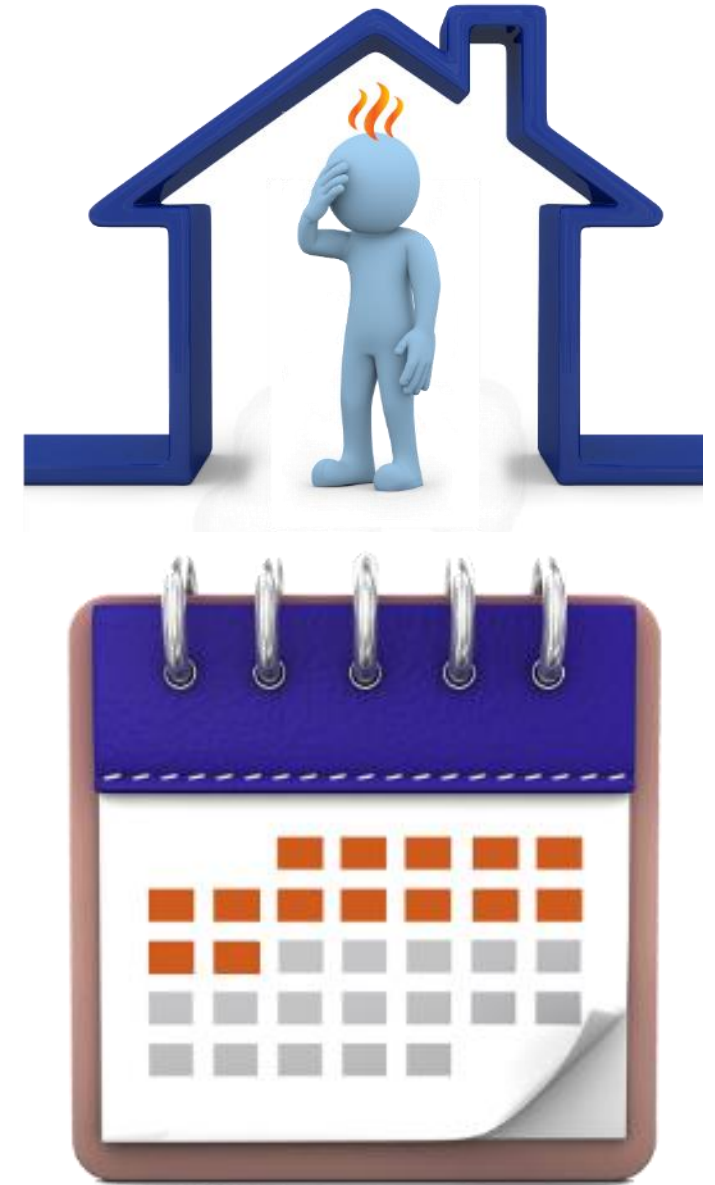
What to do if you get sick?

- **Do not travel.**
- **Cover your coughs and sneezes – use a tissue or a mask if available – and wash your hands with soap and water.**
- **Call your clinic** – let the doctor know if you have travelled recently, and if you were in contact with someone who is sick.
- **Do not go to work. Avoid public places.** Minimise contact with other people until you have recovered.



Screening and contact tracing

- Is important to stop the spread of the virus.
- “**Screening**” will be done at entry points to detect sick people. You may be asked where you have been, and your temperature may be taken.
- Health authorities may perform “**contact tracing**” – identifying people who have been in contact with someone suspected of having COVID-19.
- These ‘**contacts**’, even if well, may be asked to be in **quarantine for 14 days**, and monitored for development of symptoms.
- Follow the advice of health authorities.



What are Isolation and Quarantine?

Quarantine

- A public health practice used to **separate and restrict** the movement of **well persons** who may have been exposed to a communicable disease to see if they become ill.

Isolation

- A public health practice to separate **ill persons** who have a communicable disease from those who are healthy.



When to use masks?

- **Healthy people don't need to wear masks.**
- **Wear a mask if:**
 - You are **coughing or sneezing.**
 - You are **caring for a sick person at home or in healthcare setting.**
 - Masks alone don't protect – they should be used **along with other hygiene** measures like regular hand washing.



Misinformation is a major problem

- New virus – people do not know everything about it – so there are many **rumours**, usually wrong, due to **fear and panic**.
- Spread on **misinformation may make people panic or follow the wrong precautions**, increasing their risk of getting infected and/or spreading the infection.
- For reliable advice, contact the Department of Health on **141 Hotline** or your **local health centre via 4388000**.
- Follow the **Department of Health** Facebook page.
- The **World Health Organisation** is another reliable source of advice on the Covid 19 workplace.

Thank you.

Questions?

Department of Health

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