CORONAVIRUS (COVID-19 OR 2019-NCOV)
**WHAT WE KNOW SO FAR**

Coronavirus disease 2019 (COVID-19 or 2019-nCoV) is a new respiratory illness that can spread person-to-person through airborne microparticles or indirect surface contamination.

- There is no vaccine or specific medication recommended to prevent or treat COVID-19. Antibiotics do not work.
- Once infected, hand dryers, spraying alcohol or chlorine all over your body will not kill the virus.
- The virus does not survive for a long time outside the human body – only a few hours on dry surfaces.

The incubation period can last 3-14 days

**SYMPTOMS**

- Fever (>38°C)
- Cough
- Shortness of breath
- Runny nose
- Sore throat
- Pneumonia in both lungs

**BASIC PREVENTATIVE MEASURES**

- Avoid close contact with people who are sick
- Sneeze/cough into a tissue or your sleeve
- Throw tissues into a lined trash can and wash your hands
- Avoid touching your eyes, nose and mouth
- Clean and disinfect touched objects and surfaces at home
- Wash your hands often with soap and water for at least 20 seconds
IF YOU HAVE ANY SYMPTOMS

Stay at home if you are sick, except to get medical care

Wear a face mask – maintain coughing etiquette

No touching, hugging or kissing people or pets

Call your doctor to inform them of your symptoms or go to ER

Avoid sharing household items – cups, glasses, plates, utensils, etc.

Clean your hands often with soap and water or alcohol-based sanitizer

Clean bathrooms, doorknobs, phones, keyboards, etc.

Avoid all travel if you have a fever or cough

WHEN SHOULD YOU WEAR A MASK?

• If you are taking care of a person with suspected COVID-19 infection
• If you are coughing or sneezing
• Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based sanitizer or soap and water

HOW TO WEAR A MASK

• Before and after putting on a mask, clean hands with alcohol-based hand sanitizer or soap and water
• Cover mouth and nose with the mask and make sure there are no gaps between your face and the mask
• Wear the mask only once and dispose of it properly in a lined trash can
• Don’t touch the main part of the mask - nose and mouth area - when wearing or removing your mask

GENERAL TIPS

On campus, in other public spaces, and when travelling

• Wear a mask if you have a fever or cough
• Avoid touching eyes, nose and mouth
• Sneeze/cough into a tissue or your sleeve, then throw tissue into a lined trash can - not on the street as this could spread the virus - and wash your hands immediately
• Wash your hands often with soap and water for at least 20 seconds, or cleanse with alcohol-based sanitizer (hand wash visuals)
At home:

The kitchen: Use separate chopping boards for poultry, red meat, and vegetables. Handle raw meat, milk or animal organs with care, to avoid cross-contamination with uncooked foods. Make sure meat, eggs and animal products are well cooked.

Pets: Myth buster! At present, there is no evidence that pets such as dogs or cats can be infected with the new coronavirus. However, it is always a good idea to wash your hands with soap and water or cleanse with alcohol-based sanitizer after contact with pets.

STAY SAFE!

FOR INFORMATION/ASSISTANCE, CALL THE MINISTRY OF HEALTH CORONAVIRUS HOTLINE:

1 2 1 4

OR VISIT:
www.moph.gov.lb

FOR UPDATES:
www.who.int