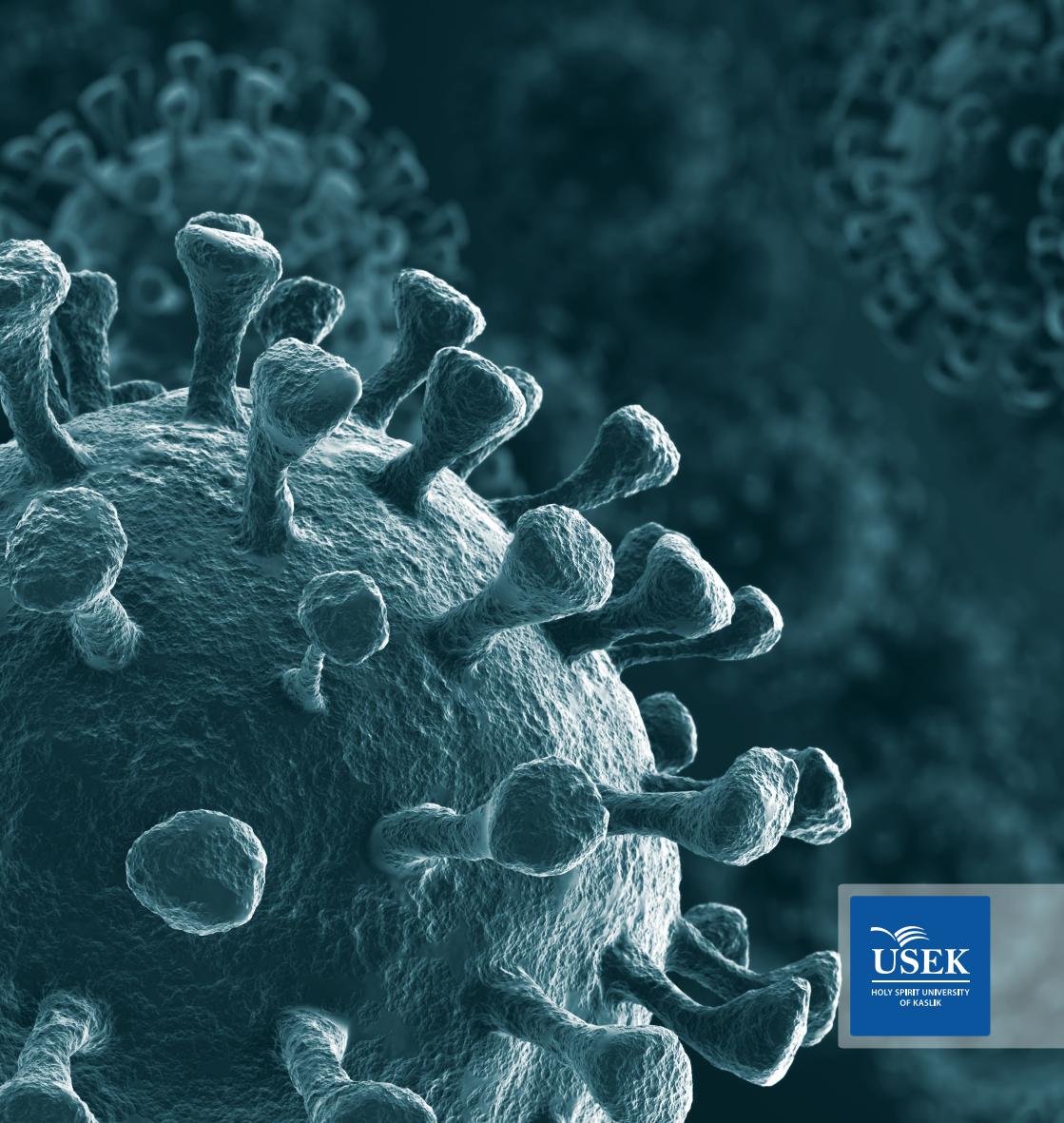


# CORONAVIRUS

(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-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



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## SYMPTOMS



Fever ( $>38^{\circ}\text{C}$ )



Cough



Shortness of breath



Runny nose



Sore throat



Pneumonia in both lungs

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## 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



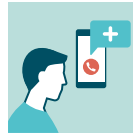
Stay at home if you are sick, except to get medical care



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

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## 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](http://www.moph.gov.lb)**

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**FOR UPDATES:**

**[www.who.int](http://www.who.int)**