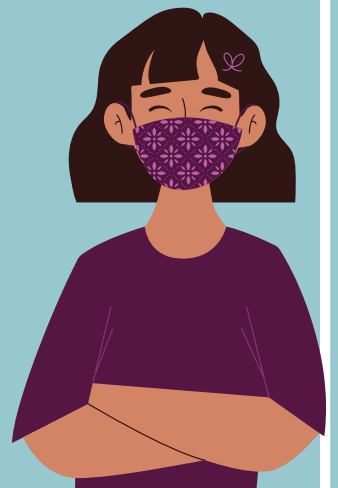


# COVID-19

# PREVENTION

# FAQS



## **What is COVID-19?**

COVID-19 is a disease caused by a new strain of coronavirus.

'CO' stands for corona, 'VI' for virus, and 'D' for disease.

Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV.' Coronaviruses are a large group of viruses that have crown-like thorns on their surface.

They're a large family of viruses that have been around for a long time. Many of them can cause a variety of illnesses, from a mild cough to severe respiratory illnesses.

The new (or "novel") coronavirus that causes COVID-19 is one of several known to infect humans. It's probably been around for some time in animals. Sometimes, a virus in animals crosses over into people. That's what scientists think happened here. So this virus isn't new to the world, but it is new to humans. When scientists found out that it was making people sick in 2019, they named it as a novel coronavirus.

## **How is COVID-19 transmitted?**

COVID-19 is passed on through contact with respiratory droplets (droplets of saliva or mucus from the nose or mouth) from someone who has the virus.

These tiny droplets are spread when an infected person sneezes, coughs, breathes, speaks or sings.

This mainly occurs when people come into close contact with someone who has COVID-19, and the virus gets into their mouth, nose or eyes.

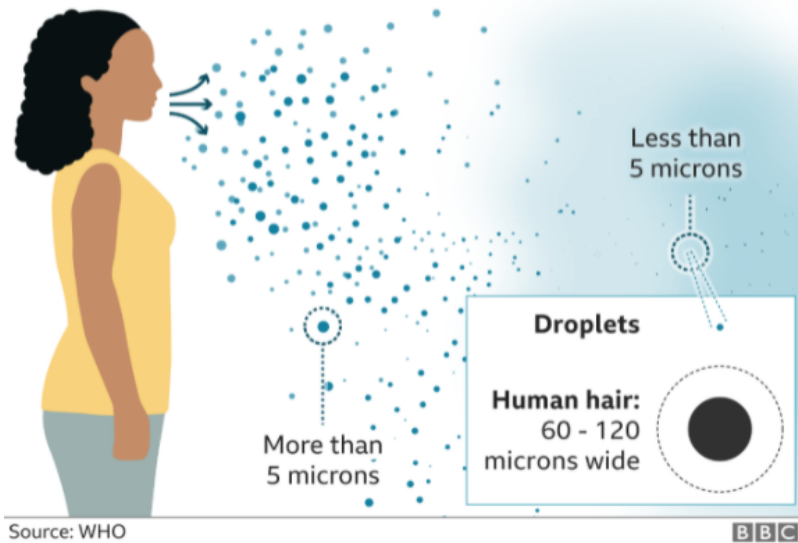
## The difference between droplet and airborne transmission

### Droplet transmission

Coughs and sneezes can spread droplets of saliva and mucus

### Airborne transmission

Tiny particles, possibly produced by talking, are suspended in the air for longer and travel further



### **Droplets:**

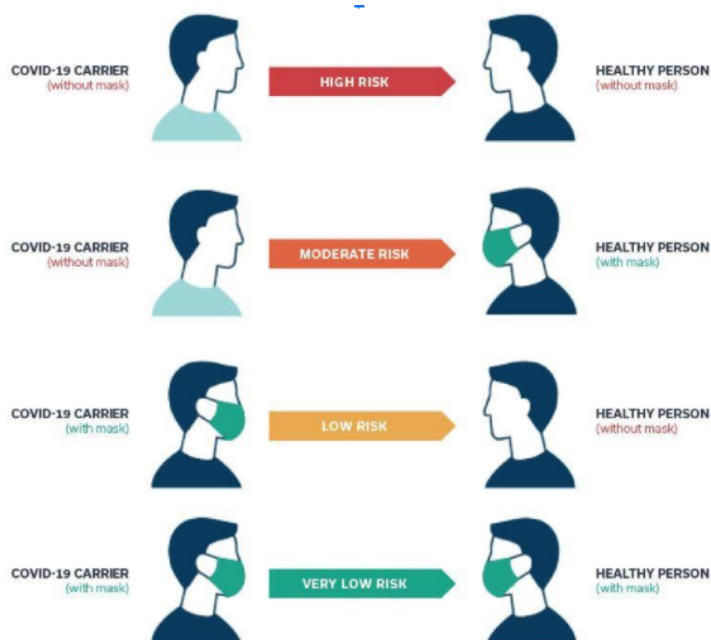
These droplets can also land on nearby surfaces and objects. The virus is then spread when another person touches the droplets and then touches their own face – particularly eyes, nose or mouth – without washing their hands first.

This is why handwashing is so important because these droplet viruses can survive on metal surfaces like elevator/ lift buttons, door handles, plastic containers like take-away food or detergent bottles.

They do not survive too long on paper packages, cloth bags, fruits, vegetables.

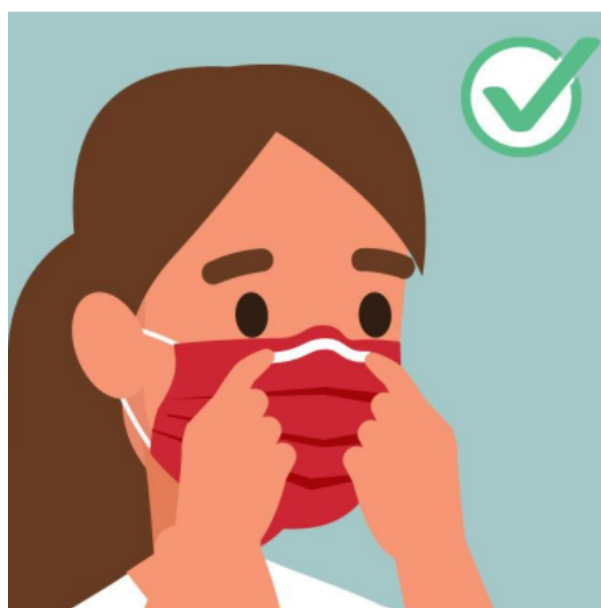
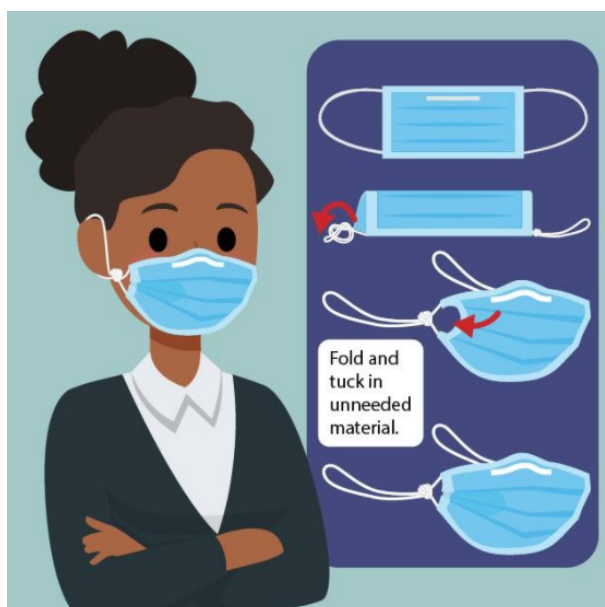
### **Airborne:**

Since covid 19 virus spreads through our breath and air, we must wear a mask that covers the NOSE AND MOUTH. Masks that cover only the mouth are useless!



To stop the spread of COVID-19 in our community, practice physical distancing, wash your hands often and wear a mask in public

If you do not have an N95 mask then wear a disposable mask. Knot the ear loops to make it fit and also pinch the nose clip. Make sure you double mask with a 2- ply cloth mask on top so that the disposable mask will fit properly. Every time you take in a breath the mask should get sucked in on the sides. That shows that the air is entering your mouth and nose through the layers of the mask which help keep the virus out and not from spaces on the side or top or bottom of the mask which are not protected by the mask layers.





TIME TO  
DOUBLE IT UP



A US CDC study concludes that double-masking (with a cloth mask on top of a medical-grade mask) can substantially reduce the wearer's exposure to COVID-19

The studies they performed examined two ways of enhancing mask use:



1. Knotting the ear loops of the surgical mask and tucking in and flattening the material close to the face



2. Double-masking

Apollo  
24/7

NEWS18  
creative



Wear an N95 mask if you can and do not wear any other mask with the N95. It is excellent protection on its own. Make sure it fits snugly and the nose clip is pinched so that every time you take a breath in the mask gets sucked in on the sides. That shows that the air is entering your mouth and nose through the layers of the mask which help keep the virus out and not from spaces on the side or top or bottom of the mask.

## Is COVID-19 passed on more easily indoors?

There is evidence that COVID-19 is passed on more easily indoors, crowded and poorly ventilated places where people are closer together for long periods of time. This includes restaurants, gyms, nightclubs, offices and places of worship.

## **Can COVID-19 be passed on through sex?**

COVID-19 is not a sexually transmitted infection. However, having sex with someone means getting very close to them, which can spread the virus. It can also be passed on through saliva when kissing. If you or your partner is feeling unwell, it's best to avoid having any sexual contact – including kissing.

## **Can COVID-19 be passed from mother-to-child?**

Emerging evidence suggests that it may be possible for mothers to pass on COVID-19 to their babies through pregnancy or birth, but this is uncommon.<sup>1</sup> However, this is still being investigated.

Pregnant women should continue to follow advice to protect themselves from the virus, and seek medical care straight away if they have symptoms.

There is currently no evidence that COVID-19 can be passed on through breastfeeding. However, due to the close contact involved, there is a risk that a mother could pass COVID-19 onto her baby by coughing, sneezing or breathing heavily while breastfeeding.

If you have symptoms of COVID-19, it is recommended that you wear a medical mask while breastfeeding and wash your hands before and after holding your baby to minimise the risk of passing the virus on.

## **Can coronavirus live on objects?**

There is no evidence at present that items imported from affected areas and shipped or mailed over the course of days or weeks are spreading COVID-19.

Although the new coronavirus weakens and dies over time outside of the human body, studies suggest that it can live on surfaces for a few hours or up to several days, depending on surface, temperature and other environmental factors but in very small amounts that may not be significant.

So far the evidence suggests that the virus does not survive as well on a soft surface (such as fabric) as it does on frequently touched hard surfaces like elevator buttons and door handles. In the meantime, wash your hands thoroughly after handling delivered packages and carefully dispose of all outer packaging.

### **Is it safe to order take-out?**

According to the US Food and Drug Administration (FDA), there have not been any cases of COVID-19 known to be caused from eating food or handling food packaging. Here are some steps you can follow to help protect yourself when ordering groceries or carryout:

- Before ordering groceries or carryout, check to see if you can pay online or over the phone.
- Ask the delivery person to leave your packages at the door or on the porch.
- Because carryout bags and containers have been touched recently by others, it is important to wash your hands after handling these.
- Dispose of all packaging, and wash your hands again before eating.





## Is grocery shopping safe during the coronavirus pandemic?

It's best not to make unnecessary trips, but if you need to go to a grocery store, it's important to maintain social and physical distancing as you shop, and to clean your hands often while shopping and as soon as you get home.

Here are some other suggestions:

- Have one adult go shopping instead of the whole family, especially since children like to touch objects and then their faces.
- Plan to stock up for at least a week so you can minimize the number of trips.
- When you're at the store, stay at least 6 feet away from others.
- Clean the handle of the shopping basket or cart with a disinfectant wipe or alcohol-based hand sanitizer containing at least 60% alcohol.
- Don't touch your face, and keep your phone in your pocket because it may harbor viruses — use a paper list instead.
- Hard surfaces are more likely to be contaminated than soft surfaces (such as fabric), so be mindful of commonly touched surfaces such as payment equipment and self-checkout machines.
- If you use reusable shopping bags, wipe them with disinfectant or launder them once you've put your groceries away.
- Wear a mask at all times.



## Should I stop going to the gym?

In order to practice social and physical distancing during the COVID-19 pandemic, it is best to avoid public places at this time.

## How do I use an elevator/lift safely?

Wear a mask. Try to avoid sharing the space but if you must then not more than 2 persons, standing with back to each other and at the ends of the lift. Have the person near the buttons select for everyone, using their knuckles. No conversations.



## Should I cancel my trip?

At this time, social and physical distancing are important to follow, so overall, travel is discouraged.

## Can humans get coronavirus from dogs or cats?

Not likely but:

- Wash your hands before and after interacting with animals.
- Don't kiss your pets or let them lick you or share your food.
- Walk dogs on a leash. Do not allow pets to interact with people or other animals outside of the household.

## How can I stop the spread of COVID-19?

The main ways you can stop the virus spreading are:

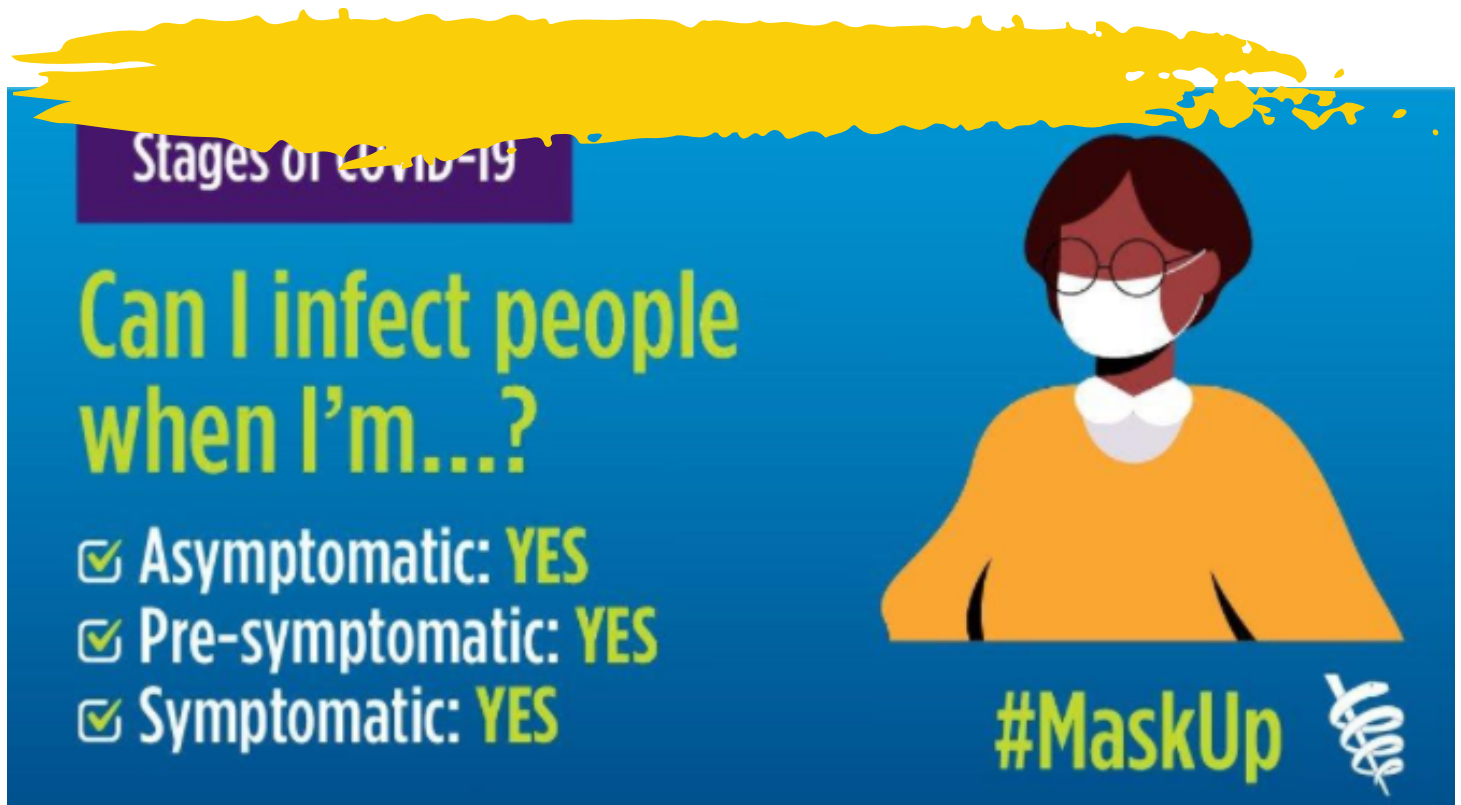
1. Keeping a one metre distance from people as much as possible, and even more when you are indoors --with people you are not sheltering with.
2. Wearing a face mask when you are around other people.

my new social distancing outfit just arrived from amazon. ❤️



## Other prevention measures include:

- avoiding places that are crowded, confined or involve close contact, especially indoors,
- washing your hands regularly with soap and water for at least 40 seconds – if you don't have access to clean water and soap, use an alcohol-based hand sanitizer and keep rubbing it into your hands for 20 seconds,
- avoiding touching your face,
- sneezing or coughing into a clean tissue, and then throw it away and wash your hands – if you don't have a tissue, use the inside of your elbow to cover your mouth,
- regularly cleaning and disinfecting surfaces,
- staying at home if you feel unwell, and calling your healthcare provider for advice,
- only meeting people outdoors, if you are allowed to meet with people from outside your household.



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Thank You!

