

# Coronavirus disease (COVID-19) advice for the public

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*These materials are regularly updated based on new scientific findings as the epidemic evolves. **Last updated 29 April 2020***

**Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most countries around the world have seen cases of COVID-19 and many are experiencing outbreaks. Authorities in China and**

some other countries have succeeded in slowing their outbreaks. However, the situation is unpredictable so check regularly for the latest news.

# Protecting yourself and others from the spread COVID-19

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You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 metre (3 feet) distance between yourself and others. Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.
- Avoid going to crowded places. Why? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 metre (3 feet).
- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others. Why? Avoiding contact with others will protect them from possible COVID-19 and other viruses.
- If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
- Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities. Why? Local and national authorities are best placed to advise on what people in your area should be doing to protect themselves.

## Advice on the safe use of alcohol-based hand sanitizers

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To protect yourself and others against COVID-19, clean your hands frequently and thoroughly. Use alcohol-based hand sanitizer or wash your hands with soap and water. If you use an alcohol-based hand sanitizer, make sure you use and store it carefully.

- Keep alcohol-based hand sanitizers out of children’s reach. Teach them how to apply the sanitizer and monitor its use.
- Apply a coin-sized amount on your hands. There is no need to use a large amount of the product.
- Avoid touching your eyes, mouth and nose immediately after using an alcohol-based hand sanitizer, as it can cause irritation.
- Hand sanitizers recommended to protect against COVID-19 are alcohol-based and therefore can be flammable. Do not use before handling fire or cooking.
- Under no circumstance, drink or let children swallow an alcohol-based hand sanitizer. It can be poisonous.
- Remember that washing your hands with soap and water is also effective against COVID-19.

## Protect yourself and others from getting sick

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**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



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Protect yourself and others from getting sick

## Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



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## 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



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## 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



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## Ask WHO

To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?




#Coronavirus #COVID19

9 March 2020

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**Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.**  
Greet people with a wave, a nod or a bow instead.

**Should I avoid shaking hands because of the new coronavirus?**




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**No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves.**  
You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and can infect you.


**Is wearing rubber gloves while out in public effective in preventing the new coronavirus infection?**



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**How should I wash fruit and vegetables in the time of COVID-19?** Wash them the same way you would in any other circumstance.



Before handling them, wash your hands with soap and water.

Then, wash fruit and vegetables thoroughly with clean water, especially if you eat them raw.

17 April 2020 #Coronavirus #COVID19 World Health Organization

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How should I wash and dry clothes, towels and bed linen, if no one in my household is a suspected or confirmed COVID-19 patient?



23 April 2020

**Do your laundry as you normally would, using detergent or soap.** There is no need to use a washing machine or drier, nor extremely hot water. Once dry, make sure you clean your hands before handling and storing your clothes, towels and bed linen.

#Coronavirus

#COVID19



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How can I grocery shop safely in the time of COVID-19?



17 April 2020

When grocery shopping, keep at least 1-metre distance from others and avoid touching your eyes, mouth and nose. If possible, sanitize the handles of shopping trolleys or baskets before shopping. Once home, wash your hands thoroughly and also after handling and storing your purchased products. There is currently no confirmed case of COVID-19 transmitted through food or food packaging.

#Coronavirus

#COVID19



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Can COVID-19 be spread through coins and banknotes?



17 April 2020

**There is currently no evidence to confirm or disprove that COVID-19 virus can be transmitted through coins or banknotes.** However, respiratory droplets expelled from an infected person can contaminate and persist on surfaces. Wash your hands regularly and thoroughly after touching any frequently-touched surface or object, including coins or banknotes. Avoid touching your eyes, mouth and nose, if your hands are not cleaned.

#Coronavirus

#COVID19



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## How should I wash and dry clothes, towels and bed linen, if someone in my household is a suspected or confirmed COVID-19 patient?



- Wash the patient's clothes, towels and bed linen separately.
- If possible, wear heavy-duty gloves before handling them.
- Never carry soiled linen against your body; place soiled linen in a clearly labelled, leak-proof container (e.g. bag, bucket).
- Scrape off solid excrement (e.g. faeces or vomit) with a flat, firm object and dispose of in the patient's toilet before putting linen in the designated container. Place the excrement in a covered bucket to dispose of in the toilet, if this is not in the patient's room.
- Wash and disinfect linen: Machine wash at 60-90°C with laundry detergent. Alternatively, soak linen in hot water and soap in a large drum, using a stick to stir, avoiding splashing. If hot water is not available, soak linen in 0.05% chlorine for approximately 30 minutes. Rinse with clean water and let linen dry in the sunlight.
- Do not forget to wash your hands at the end of the process.

23 April 2020

#Coronavirus #COVID19



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## Be Ready for coronavirus

Be **READY** for #coronavirus

WHO is giving advice on how to protect ourselves & others:



Be **SAFE** from coronavirus infection

Be **SMART** & inform yourself about it

Be **KIND** & support one another

Learn more about #COVID19 & share with your loved ones: [www.who.int/COVID-19](http://www.who.int/COVID-19)



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Be **SUPPORTIVE**  
Be **CAREFUL**  
Be **ALERT**  
Be **KIND**

Be **READY** to fight  
**#COVID19**

For the latest health advice, go to:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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Be **INFORMED**  
Be **PREPARED**  
Be **SMART**  
Be **SAFE**

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Be **SMART** if you develop shortness of breath:



Call your doctor



Seek care immediately!

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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Be **SMART** & inform yourself about  
#coronavirus



Follow accurate public health advice  
from WHO & your local health authority



Follow the news on latest  
coronavirus updates



To avoid spreading rumors, always  
check the source you are getting  
information from



Don't spread rumors

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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## Be **SAFE** from #coronavirus

if you are 60+ or if you have an underlying condition like:



**Cardiovascular disease**



**Respiratory condition**



**Diabetes**

by avoiding crowded areas or places where you might interact with people who are sick.

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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## Be **KIND** to support loved ones during #coronavirus



Check in regularly especially with those affected



Encourage them to keep doing what they enjoy



Share WHO information to manage anxieties



Provide calm and correct advice for your children

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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## Be **KIND** to address stigma during #coronavirus



Share the latest facts & avoid hyperbole



Show solidarity with affected people



Tell the stories of people who have experienced the virus

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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## Be **KIND** to address fear during #coronavirus



Show empathy with those affected



Learn about the disease to assess the risks



Adopt practical measures to stay safe

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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# COVID-19 Home care

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## Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

**For ill people**

If you are ill with fever and cough



Clean hands frequently with soap and water or with alcohol-based hand rub.



Stay at home; do not attend work, school or public places. Rest, drink plenty of fluids and eat nutritious food.



Stay in a separate room from other family members, but if not possible wear a medical mask and keep a distance of at least 1 meter (3 feet) from other people. Keep the room well-ventilated and if possible use a dedicated bathroom.



When coughing or sneezing, cover mouth and nose with flexed elbow or use disposable tissue and discard after use. If you experience difficulty breathing, call your health care facility immediately.

**EPI·WiN** [www.who.int/covid-19](http://www.who.int/covid-19)

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## All members of the household



Wash hands with soap and water regularly, especially:

- after coughing or sneezing
- before, during and after you prepare food
- before eating
- after using the toilet
- before and after caring for the ill person
- when hands are visibly dirty



Avoid unnecessary exposure to the ill person and avoid sharing items, such as eating utensils, dishes, drinks and towels.



When coughing or sneezing, cover mouth and nose with flexed elbow or use a disposable tissue and discard immediately after use.



Monitor everyone's health for symptoms such as fever, cough and if difficult breathing appear, call your health care facility immediately.



## For caregivers



Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.



Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.

Frequently clean hands with soap and water or alcohol-based rub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet



Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash dishes, cups, eating utensils, towels, or bedlinens used by the ill person with soap and water.



Identify frequently touched surfaces by the ill person and clean and disinfect them daily.



Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.

## Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

### For ill people

If you are ill with fever and cough



Clean hands frequently with soap and water or with alcohol-based hand rub.



Stay at home; do not attend work, school or public places. Rest, drink plenty of fluids and eat nutritious food.



Stay in a separate room from other family members, but if not possible wear a medical mask and keep a distance of at least 1 meter (3 feet) from other people. Keep the room well-ventilated and if possible use a dedicated bathroom.



When coughing or sneezing, cover mouth and nose with flexed elbow or use disposable tissue and discard after use. If you experience difficulty breathing, call your health care facility immediately.

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Take care of yourself and your family

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Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.

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## COVID-19: Pregnancy & breastfeeding

Updated 31 March 2020



**I'm pregnant.**  
How can I protect myself against COVID-19?

- Wash your hands frequently
- Avoid touching your eyes, nose and mouth
- Put space between yourself and others
- Cough or sneeze into your bent elbow or a tissue

If you have fever, cough or difficulty breathing, seek care early. Call beforehand, and follow medical advice.

World Health Organization [#COVID19](https://twitter.com/WHO) [#CORONAVIRUS](https://twitter.com/WHO)

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Before, during and after childbirth, all women have the right to high quality care. This includes:



Antenatal and intrapartum



Newborn



Postnatal



Mental health



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All women have the right to a safe and positive childbirth experience, whether or not they have a confirmed COVID-19 infection.



Respect and dignity



A companion of choice



Clear communication by maternity staff



Pain relief strategies



Mobility in labour where possible and birth position of choice



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Close contact and early, exclusive breastfeeding helps a baby to thrive.


A woman with COVID-19 should be supported to breastfeed safely, hold her newborn skin-to-skin, and share a room with her baby.






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**Women with COVID-19 can **breastfeed** if they wish to do so. They should:**



-  Practice respiratory hygiene and wear a mask
-  Wash hands before and after touching the baby
-  Routinely clean and disinfect surfaces

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**If a woman with **COVID-19** is too unwell to breastfeed, she can be supported to safely provide her baby with breastmilk in other ways, including by:**

-  Expressing milk
-  Relactation
-  Donor human milk

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# How to cope with stress during 2019-nCoV outbreak

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## 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.



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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.

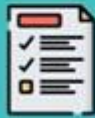
Remember to listen to your children, speak kindly and reassure them.

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).

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