REPUBLIC OF NAMIBIA

WHAT IS CORONAVIRUS (COVID-19)?

It is an infectious disease introduced to humans for the first time in December 2019. No vaccine or specific treatment is available for Coronavirus (Covid-19). However, many of the symptoms can be treated based on the patient's clinical condition.

#CoronaVirusNam #StayHome #Covid19nam #LockdownNam #StopCoronaVirusNam

HOW DOES CORONAVIRUS (COVID-19) SPREAD?

Through droplets when someone speaks, coughs or sneezes.

Close contact such as touching and handshaking.

Touching surfaces such as door knobs, tables, etc., that are contaminated with the virus.

SIGNS AND SYMPTOMS OF CORONAVIRUS (COVID-19)

Fever of 38°C and above

Dry Cough

Difficulty in breathing

HOW TO PREVENT THE RISK OF CORONAVIRUS (COVID-19)

Wash your hands frequently for 20 seconds with soap under running water or clean your hands with alcohol-based sanitiser.

20 SEC

Cover your mouth and nose with a flexed elbow or tissue when coughing or sneezing.

Keep a distance of two (2) metres between yourself and others.

2 m

Avoid touching your face especially your eyes, nose and mouth.

TOLL FREE NUMBER: 0800 100 100

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