

LIVINGSTONE DISTRICT HEALTH OFFICE

COVID-19 PRESENTATION

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WHAT IS CORONA VIRUS?

- The Coronavirus Disease 2019 (COVID-19) is a respiratory disease caused by a new coronavirus 2019.
- The virus causes respiratory illness similar to a common cold and in severe cases leads to pneumonia, kidney failure and can result in death.
- The virus was identified in China in 2019 and has since spread to other countries.

HOW IT IS SPREAD

Transmitted from animals to humans and person to person through:

- Close contact with a person who has the disease
- Contact with animals infected with the virus
- Touching an object or surface contaminated with a virus and then touching the eye, mouth or nose
- Air droplets dispersed by coughing and sneezing
- Eating of contaminated meat and meat products

Common Signs and Symptoms

- Fever
- Chest pains
- Cough
- Difficulty in breathing
- Headache
- Shortness of breath
- Sore throat

Who is at risk of contracting

Everyone is at risk of getting the virus; however others are more at risk particularly;

- Anybody close contact with a infected person
- Health care workers
- Travellers to areas affected with the disease
- Airline workers and those working at border posts
- Chronically ill persons (NCDs, Aged , and Children)

Prevention Measures- Hygien

- Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer
- Avoid close contact with people who have symptoms of Coronavirus Disease.(1-2m apart)
- Avoid touching your eyes, nose and mouth with unwashed hands.
- When coughing or sneezing cover mouth and nose with flexed elbow or tissue paper
- Cook all your meat and meat products thoroughly before eating.

Workplace safety measures

- Employers are advised to follow some simple steps to help protect the health and safety of staff. Best practice workplace measures include:
- if someone becomes unwell in the workplace with a new, continuous cough or a high temperature, they should be sent home and advised to follow the advice to stay at home
- employees should be reminded to wash their hands for 20 seconds more frequently and catch coughs and sneezes in tissues
- frequently clean and disinfect objects and surfaces that are touched regularly, using your standard cleaning products
- employees from defined **vulnerable groups** should be strongly advised and supported to stay at home and work from there if possible

Workplace safety measures cont

- Other protective measures may include:
- redesigning processes to allow social distancing in place
- put in place temporary barriers between staff
- use technology such as teleconferencing instead of face to face meeting

MEASURE PUT IN PLACE – IN LIVINGSTONE DISTRICT

- Community sensitization
- Screening of travellers at entry points
- Isolation of confirmed symptomatic cases at central hospital.
- Contact tracing
- Inspection of public places for issuance of permits
- Monitoring of compliance in schools, shops, churches and markets
- Routine surveillance testing of suspects



THE END

THANK YOU