

#Staysafe

Help us to keep the environment safe from COVID-19.



> What is COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus. The disease causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty breathing.

How it spreads?

Coronavirus disease spreads primarily through contact with an infected person when they cough or sneeze. It also spreads when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth.

Symptoms of COVID-19?

People may be sick with the virus for 1 to 14 days before developing symptoms. The most common symptoms of coronavirus disease (COVID-19) are fever, tiredness, and dry cough. Most people recover from the disease without needing special treatment.

The disease can be serious and even fatal. Older people, and people with other medical conditions (such as asthma, diabetes, or heart disease), may be more vulnerable to becoming severely ill.

People May Experience:

• Cough • Fever • Headache • Tiredness • Headache

> How to protect yourself from COVID-19?

Wash your hands frequently

Wash your hands regularly and thoroughly using clean water and soap. If you don't have access to water, you can clean your hands with an alcohol-based hand sanitiser.

Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and the next person. Social distancing will help to minimise the spread of the virus which is spread via droplets when an infected person is coughs or sneezes.

Avoid touching eyes, nose and mouth

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 can make you sick.

Practice respiratory hygiene

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. Because the COVID-19 virus is spread through droplets when an infected person coughs or snizes, practicing respiratory hygiene will reduce the risk of you contracting the virus or passing it on to the people around you, if you are infected.

Self quarantine

If you have recently traveled to a location that is infected by the COVID-19 virus, you must self quarantine upon arrival. You must self quarantine for a recommended 14 days even if you don't show signs of infection.

Wear a mask

It is recommended to wear a mask if you are sick, if you are treating a patient or if you are in a crowded place where social distancing may not be possible. Contact your health provider and/or follow National guidelines on the recommended type of mask and proper use of a mask.

> What do I do if I feel sick?

If you have fever, or have a cough and difficulty breathing.

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention. Call your hospital before your visit. Calling in advance will allow your health care provider to quickly direct you to the right health facility. National and local authorities will have the most up to date information on the situation in your area. This will also protect you and help prevent spread of viruses and other infections.

> Stay informed

Stay informed and follow advice given by your healthcare provider.

Stay informed on the latest developments about COVID-19. Follow the directives of your local health authority and advice given by your healthcare provider, or your employer on how to protect yourself and others from COVID-19.

For questions related to COVID-19, please contact any of the numbers listed below

Zambia National Public Health Institute (ZNPHI)
0953898941

Disaster Management and Mitigation Unit (DMMU) hotline at 909.

*Source: WHO (<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>)

You can make a monetary donation towards Government's initiatives against Covid-19 through the following accounts:

Account Name:
GRZ COVID-19

Account Number: 2010039409862 – US\$ Dollar Account
1010039409153 – Kwacha Account

Bank Name:
Zambia Industrial Commercial Bank Limited