GUIDE ABOUT CORONAVIRUS

By

KINGSWAY HOSPITALS
PERSONALISING HEALTHCARE
There’s only **ONE** thing you need to understand about how a coronavirus SPREADS.
The virus spreads when these droplets get into your eyes, nose, and mouth.
So if you see someone who is visibly coughing / sneezing / sick, you can choose to:

1. Keep your distance. 2m to 0.5m will keep you safe from large droplets.
OR,

② Give them a mask.
They can cough / sneeze into it and protect everyone else nearby

Thank You
And in general, it’s a good idea to avoid crowds, because you don’t know who might be sick.

People who are infected can show no symptoms, but are still infectious.

May be she’s not sick, just protecting herself.
However, sometimes a sick person’s saliva can get on other things...

- Their Hands
- Door Knobs
- Mouse
- Pens
- Tissue
- Cups
- Lift Buttons
- Stair Bannisters
- Digital Devices
- & Even on the Outside of your face mask
- Healthy Person
And if you touch any of these things by accident, and then touch your face, you might all fall sick.
Viruses can last for up to 48 hours on objects, and the only effective way to get rid of them is to wash them off with soap.
Which is why it is also good to follow these 5 Precautions
Wash your hands thoroughly with soap and water for at least 20 seconds after touching a suspected contaminated surface.

1. Wash with soap up to here using your elbow.
What is thoroughly?

Wash the back of your hands

Between the fingers

Under the nails

For 20 Seconds

 Enough time to sing “Happy Birthday” Twice
2. Cover your cough with a disposable tissue of use mask and discard them immediately in a waste bin. Don’t wear the mask for more than a day.

* Bacteria grows on the insides of your mask if you wear them too long.

Also, Don’t touch the outside of the mask if you can.

If you did, don’t worry, just wash your hands with soap after.
3. Avoid coming into contact with people who are sick or share the personal items, food, utensils, cups & towels.

4. Everyone gets their own towel.

- Mommy
- Daddy
- Baby

Avoid touching your eye, ears and nose.
And finally,

5. Seek medical advice if you are sick
Stay safe, everyone!
Issued in public interest by

KINGSWAY HOSPITALS
PERSONALISING HEALTHCARE