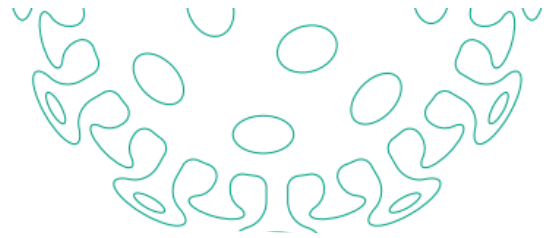


# All about Covid-19



COVID-19 is the virus that has been on the news recently. Also known as coronavirus, it was discovered in China and has spread around the world.

COVID-19 causes cold like symptoms, like a fever, cough, sore throat and aches and pains in the muscles. It is expected that as many as 80% of the world's population might catch COVID-19, but most people are expected to recover fully.

## Should I be worried?

Well, yes and no! Yes, because a lot of people will get the bug and even though you will probably fully recover from it, it will make you feel poorly for a week or so, so that's important to remember. But, for most people it will be just like a cold and nothing more.

People who are frail or usually very sick and unwell will be at higher risk of getting more serious complications from the bug.



## What can I do to keep safe?

This bit is really quite simple: **WASH YOUR HANDS!**

You could catch the bug from an infected person sneezing or coughing and those droplets getting into your eyes, nose or mouth. Even if someone sneezes into a tissue, if they then touch something straight afterwards which you then put in your mouth, like a pencil, you can catch it.

It is really important that if you do cough or sneeze you do it into a tissue then throw the tissue away and wash your hands. If you haven't got a tissue, sneeze into the crook of your elbow.

If you see someone who is visibly coughing, sneezing or sick, stand back from them and keep your distance to about two metres. Offer to get them some tissues to use.

Sometimes a sick person's bugs can get onto other hard surfaces like door knobs, a computer mouse, pens, keyboards, cups, stair bannisters, etc. If you touch these things and an infected person has touched them, you might catch the bug. This is why it's super important to wash your hands regularly and ALWAYS before eating or putting something in your mouth.

If you need to cough or sneeze			You should wash hands with soap & water or hand sanitiser				
							
Catch it with a tissue	Bin it	Kill it by washing your hands with soap & water or hand sanitiser	After breaks & sport activities	Before cooking & eating	On arrival at any childcare or educational setting	After using the toilet	Before leaving home

 Try not to touch your eyes, nose, and mouth with unwashed hands	 Do not share items that come into contact with your mouth such as cups & bottles	 If unwell do not share items such as bedding, dishes, pencils & towels
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# Follow these five precautions!

## 1. WASH YOUR HANDS THOROUGHLY

This is really important. Remember to wash the backs of your hands and between your fingers and your finger tips. Wash them with WARM WATER AND SOAP for 20 seconds (about the time it takes to sing "Happy Birthday" twice in a row).

2. Cover your mouth with a tissue when you cough and then throw it away safely in a bin (and then wash your hands again!)
3. Avoid coming into contact with people who are sick and do not share people's personal items, like their food utensils, cups, towels, face-cloths etc.
4. Try not to touch your mouth, eyes, ears and nose too much.
5. Finally, seek medical advice if you are sick by calling the KEMH on 28000. Please do not come to the hospital unless you are advised to by a doctor.



## STAY SAFE AND REMEMBER TO WASH THOSE HANDS!

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