The following information is endorsed by **NEMA** National Emergency Management Agency **and** **IC** St.Kitts-Nevis Chamber of Industry and Commerce

This brief sheet has been created solely for the purpose to assist Employees to be informed and prepared. We encourage preparedness over panic.

Protect yourself and others from getting sick
Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty

PAHO

Be INFORMED
Be PREPARED
Be SMART
Be SAFE

Be READY to fight
#COVID19

For the latest health advice, go to:
www.who.int/COVID-19

UNITED NATIONS   World Health Organization

HOW IS CORONAVIRUS TRANSMITTED?

❖ Through respiratory droplets produced when an infected person coughs or sneezes
❖ These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs
❖ People could catch COVID-19 by touching contaminated surfaces or objects – and then touching their eyes, nose or mouth
❖ Most persons infected with COVID-19 experience mild symptoms and recover
❖ People with weak immune systems are more vulnerable

Source: www.cdc.gov

PROTECT OTHERS FROM GETTING SICK

➢ When coughing and sneezing cover mouth and nose with flexed elbow or tissue
➢ Clean hands with alcohol - based sanitizer (with at least 60% alcohol) or soap and water for 20 seconds after coughing and sneezing
➢ Avoid close contact with people when you are experiencing cough and fever
➢ If you have fever, cough and difficulty breathing seek medical care
➢ Avoid touching your mouth, eyes and nose with unwashed hands
➢ Avoid physical contact when greeting

Source: www.paho.org

WHEN TO WEAR A MASK:

If you are not sick you do not need to wear a facemask. If you are caring for someone who is sick or suspected to have 2019-nCoV infection. a Surgical mask or N-95 mask is recommended. Wear a mask if you are coughing or sneezing. Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.

Source: www.who.int

Wash hands for 20 seconds with soap and water Ensure to wash back of hands, wrists, between fingers and under fingernails.

Source: www.cdc.gov