Dredging Worldwide Since 1890.
TOPICS COVERED

By the end of this overview, you should understand…

✓ What ‘novel’ Coronavirus or COVID-19 is
✓ How is it transmitted
✓ How to recognize its symptoms
✓ How to protect yourself and others
✓ What to do if you experience symptoms
✓ Various sources of information about COVID-19
WHAT IS COVID 19?

✓ A new strain of Coronavirus that was first identified in Wuhan, China

✓ Originally transmitted from animal to animal, then animal to human, and now human to human

✓ Formerly referred to as “2019 novel coronavirus”

✓ On February 11, 2020, the World Health Organization announced its official name, abbreviated as COVID-19. ‘CO’ stands for ‘corona,’ ‘VI’ for ‘virus,’ and ‘D’ for disease
HOW IS COVID 19 TRANSMITTED?

✓ By direct contact with infected patients
  • In the same room
  • Touching
✓ Droplets from patients’ coughing and sneezing
✓ Contact with patients’ belongings followed by touching your nose and mouth

IT IS NOT YET UNDERSTOOD HOW LONG THE VIRUS CAN LIVE OUTSIDE A HOST.
SYMPTOMS OF COVID 19 INFECTION

MILD
✓ Runny nose, cough, fever, sore throat

SEVERE
✓ Pneumonia, trouble breathing

LOOKS MUCH LIKE THE COMMON FLU...
PROTECTING YOURSELF FROM COVID 19 INFECTION

• Wash your hands frequently with soap and water or use alcohol-based (≥60%) hand sanitizer
• 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
• After handling animals or animal waste

…and also remember to

• Avoid touching eyes, nose, and mouth
• Avoid close contact with sick people
• Practice good hygiene habits
• Wear a face mask
• Use tissues when coughing
• Wash fresh foods before eating
• Exercise
• Get good sleep
• Eat healthy
MEDICAL MASKS & RESPIRATORS

- Wearing a mask or respirator (N95) can help limit the spread of some respiratory disease. However, using a mask alone is not guaranteed to stop infections as you will put it on and take it off.
- Practice rational use of mask. Avoid waste and misuse.
- Use masks only if you are coughing or sneezing, have suspected COVID-19 infection with mild symptoms, or are caring for someone with suspected COVID-19 infection or are in large crowd where infections are present.
PROTECTING OTHERS FROM COVID 19 INFECTION

- When coughing and sneezing, cover mouth and nose with flexed elbow or tissue
- Discard tissue immediately into a closed bin
- Clean your hands with alcohol-based hand rub or soap and water.
- Maintain at least 1m (3 ft) distance between yourself and other people, if you are coughing, sneezing and have a fever
WHAT TO DO IF YOU FEEL INFECTED or UNWELL?

- If you have mild respiratory symptoms and no travel history to or within China, carefully practice basic respiratory and hand hygiene and stay home until you are recovered, if possible.

- If you have fever, cough, and difficulty breathing, CONTACT YOUR MEDICAL PROVIDER early.

- Tell your health care provider if you have traveled in an area in China where COVID-19 has been reported, or if you have been in close contact with someone with who has traveled from China and has respiratory symptoms.
WHERE YOU CAN GET MORE INFORMATION

World Health Organization

CDC Centers for Disease Control and Prevention

LIVE UPDATES