



THE REPUBLIC OF UGANDA

MINISTRY OF HEALTH

# DO'S AND DON'TS CORONAVIRUS (COVID-19)



## THE DO'S AND DON'TS ON CORONAVIRUS (COVID-19)

### BACKGROUND

An outbreak of Coronavirus Disease (COVID-19) was declared by the People's Republic of China on 31<sup>st</sup> December, 2019. This outbreak has now spread to all continents and many countries including Uganda.

It is important that the population remains on high alert and diligently exercises preventive measures to avoid contracting Coronavirus (COVID-19).

The Ministry of Health has developed the following do's and don'ts to educate the public on how to avoid contracting Coronavirus (COVID-19).

### WHAT IS CORONAVIRUS (COVID-19)?

This is a highly infectious disease caused by the new Coronavirus (COVID-19). It is spread from person-to-person through

the droplets when a person coughs or sneezes and contact with contaminated surfaces.

### SIGNS AND SYMPTOMS OF CORONAVIRUS (COVID-19)

- Fever
- Cough
- Sore throat
- Difficulty breathing
- Other flu like symptoms like running nose, sneezing and body weakness

### WHAT MUST BE DONE TO PROTECT ONESELF (THINGS TO DO)

1. Maintain a reasonable distance between yourself and someone else of at least 2 metres apart.
2. Regularly wash your hands with soap and running water, or use an alcohol based hand rub/sanitiser. This will remove the virus if it is on your hands

- Cover your mouth and nose with tissue or a handkerchief when coughing and sneezing. Throw away the used tissue immediately and wash your hands with soap and running water or use an alcohol-based hand rub.

The handkerchief must be washed by yourself daily and ironed with a hot iron. In this way, you protect others from any virus released through coughs and sneezes.

- Avoid touching your eyes, nose and mouth. Hands touch many surfaces which can be contaminated with the virus and you can transfer the virus from the contaminated surface to yourself.
- If you have a fever, a cough and difficulty in breathing, seek medical care immediately. If possible, call a health worker and alert them about your condition. Always follow the guidance of your health care worker.
- People with flu-Like symptoms should use face masks to cover the nose and mouth and stay home in a well-ventilated room.
- If you are caring for individuals who have symptoms, such as a cough and a fever you are encouraged to use a face mask to cover your nose and mouth for your personal protection.
- Clean and disinfect frequently touched surfaces such as doorknobs/

handles, car doors, elevator buttons etc. daily with regular household disinfectant or soap and water

- All travellers coming from countries affected by Coronavirus (COVID-19) should follow guidance given by the Government of Uganda.
- Avoid unnecessary movements to prevent the spread of the virus.

### WHAT MUST NOT BE DONE

- AVOID HAND-SHAKING AND HUGGING AT ALL TIMES.**
- Avoid close contact with people who are visibly sick with flu-Like symptoms (fever, cough, sneeze).
- When sick with flu-Like symptoms avoid going to places, offices and public gatherings. Remain at home to avoid infecting others.
- You do not need to wear medical masks if you do not have respiratory symptoms such as a cough, sneezing or a running nose.
- DO NOT** self-medicate with antibiotics or any other medicine not prescribed by a doctor.
- Do NOT** spit in public. Find a secluded place like toilets or pit Latrines in which to spit.
- Avoid travel if you have flu-Like symptoms.

For more information, call the Ministry of Health toll free line on:  
**0800-100-066, 0800-203-033 and 0800-303-033**  
or send a **free SMS** to Ureport on **8500** or WhatsApp on **0770-818-139**