

CORONAVIRUS (COVID-19) INFECTION: ADVICE FOR THE PUBLIC

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COVID 19 (CORONAVIRUS)

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus that had not been previously identified in humans. It spreads primarily through contact with an infected person when they cough or sneeze, or through droplets of saliva or discharge from the nose.



WHO IS AT RISK?

Everyone is at risk of getting the coronavirus infections, especially those who have recently returned to Ghana from any of the affected countries.

SIGNS/SYMPTOMS

Fever

Cough

Breathing Difficulty

Sore Throat

Runny Nose



PREVENTION



Wash your hands frequently with soap under running water



Use alcohol-based hand sanitizers/rub



Keep a distance from a person showing signs of fever, cough and difficulty in breathing



Do not touch your eyes, mouth or nose



Cook meat and eggs thoroughly before eating



Be physically active



Eat a balanced diet



Drink lots of fluids



Reduce stress



Have enough sleep



Your Well-being, Our Priority.

CORONAVIRUS, WHO CAN BE INFECTED?

Everyone is at risk of getting the coronavirus infection, especially those who recently returned to Ghana from any of the affected countries.

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SWIPE



CORONAVIRUS SIGNS/SYMPTOMS

Typically respiratory symptoms including;

- Fever
- Cough
- Breathing difficulty
- Sore throat
- Runny nose

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WAYS TO PREVENT CORONAVIRUS INFECTION

1. Wash your hands frequently with soap under runny water
2. Use alcohol-based hand sanitizers/rub
3. Keep a distance from a person showing signs of fever, cough and difficulty in breathing
4. Do not touch your eyes, mouth or nose
5. Cook meat and eggs thoroughly before eating

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WAYS TO PREVENT CORONAVIRUS INFECTION

6. Be physically active

7. Eat a balanced diet

8. Drink lots of fluids

9. Reduce stress

10. Have enough sleep

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SWIPE



CORONAVIRUS ALERT !



Currently, there is no vaccine for the prevention of the coronavirus (COVID-19) infection. The general public should therefore disregard any claims from persons purporting to have a cure or vaccine for COVID-19 infection.

The general public will be notified whenever any vaccines developed or invented.

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CORONAVIRUS

ALERT



Ensure to use alcohol-based hand sanitizers, Meanwhile the FDA is facilitating the registration of more hand sanitizers to mitigate the shortages on the market.

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CONTACT

In case of persistent cough or fever or other signs of coronavirus infection, contact the Ghana Health Service call centre for assistance on the following lines;

0552 222 004

0552 222 005

0509 497 700

0558 439 868

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