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 (COVID-19) was declared by the People’s Republic of China on 31st December, 2019. This outbreak has now spread to all continents.

The possibility of Coronavirus spreading to Uganda is extremely high. 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)?
Coronavirus (COVID-19) is a highly infectious disease. 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. Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and running water.

Why? Washing your hands with soap and running water or using alcohol-based hand rub kills viruses that may be on your hands.
1. 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.

2. Maintain a reasonable distance between yourself and someone who is coughing, sneezing (at least 2 metres apart).

3. 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.

4. If you have a fever, a cough and difficulty 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.

5. People with flu-like symptoms should use face masks to cover the nose and mouth and stay home in a well-ventilated room.

6. 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.

7. Clean and disinfect frequently touched surfaces such as doorknobs/handles, car doors, elevator buttons etc. daily with regular household disinfectant or soap and water.

8. All travellers coming from countries affected by the Coronavirus (COVID-19) should follow guidance given by health workers at the airport and other border entry points.

**WHAT MUST NOT BE DONE**

1. **AVOID HAND-SHAKING AND HUGGING AT ALL TIMES.**

2. Avoid close contact with people who are visibly sick with flu-like symptoms (fever, cough, sneezing).

3. When sick with flu-like symptoms avoid going to public places, offices and public gatherings. Remain at home to avoid infecting others.

4. You do not need to wear medical masks if you do not have respiratory symptoms such as a cough, sneezing or a running nose.

5. Do NOT take self-medication such as antibiotics.

6. Do NOT spit in public. Find a secluded place like toilets or pit latrines in which to spit.

7. Delay travel to countries that currently have many patients with Coronavirus (COVID-19). If you MUST travel, please follow the above protective measures.

8. 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**