



MINISTRY OF HEALTH & WELLNESS

CORONAVIRUS (COVID-19) FAQ's & IMPORTANT INFO

WHAT IS CORONAVIRUS?

- Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe respiratory diseases.
- It is spread from person to person mainly through the droplets produced when an infected person speaks, coughs or sneezes - just like the common cold and flu.
- Common symptoms:
 - respiratory symptoms such as a fever, cough, shortness of breath and breathing difficulties.
 - Severe cases can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.
- There is no known cure for COVID-19, but preventative measures can be taken.

WHEN TO WASH HANDS

- After coughing or sneezing
- After taking public transportation
- When caring for the sick
- Before, during and after you prepare and eat food
- After toilet use
- When hands are dirty
- After handling animals or animal waste

HOW TO WASH HANDS

1. Wet Hands
2. Apply soap
3. Rub hands together, palm to palm
4. Lather the back of your hands
5. Scrub between fingers
6. Clean thumbs
7. Wash fingernail and fingertips

8. Rinse hands
9. Dry with a single-use towel
10. Use a towel to turn off the pipe
11. You're clean

HOW TO HANDRUB

1. Apply product to the palm of your hand
2. Rub hands together
3. Cover all surfaces until hands feel dry

PREVENTATIVE STEPS TO TAKE

1. Frequently wash your hands with soap and water or an alcohol-based rub - Wash for at least 20 seconds, especially after using the bathroom.
2. Avoid close contact with people -If you are too close, you can breathe in droplets that have COVID-19 virus if the person coughing has the disease.
3. Avoid touching your eyes, nose, and mouth.
4. Follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
5. Frequently clean and disinfect your household such as doorknobs.
6. If you think you have the virus, go see a doctor immediately and then stay home.
7. Avoid public and populated spaces
8. Have a medical kit on hand equipped with alcohol wipes, flu tablets, vitamin C, and other necessary medications.
9. Avoid sharing cups, plates or other personal items.

WORKPLACE MEASURES

- Keep workplaces clean and hygienic
- Avoid close contact with people
- Promote regular and thorough handwashing
- Promote good respiratory hygiene
- Advise all employees and those who are sick to stay home
- Consult national travel advice before going on a business trip
- Have a medical kit on hand equipped with alcohol wipes, flu tablets, vitamin C, and other necessary medications.

PUBLIC PLACE MEASURES

- Avoid public and populated spaces

- Avoid public transportation
- Avoid close contact with people
- Avoid touching your eyes, nose, and mouth.
- Have a medical kit on hand equipped with alcohol wipes, flu tablets, vitamin C, and other necessary medications.
- Avoid sharing cups, plates or other personal items
- If you are sick, stay home
- Cover your mouth and nose with your elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

HOMEPLACE MEASURES

- Avoid close contact with people, even with family members
- Avoid touching your eyes, nose, and mouth.
- Frequently clean and disinfect your household such as doorknobs, countertops, etc.
- Have a supply of food and household supplies like laundry detergent and bathroom items, and diapers if you have small children.
- Avoid sharing cups, plates or other personal items.
- Check to make sure you have at least a 30-day supply of your prescription medications and have other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes and vitamins.
- Cover your mouth and nose with your elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

TRAVEL RESTRICTIONS IMPOSED & WHAT THIS MEANS?

- China
- Italy
- South Korea
- Singapore
- Iran
- Spain
- France
- Germany

The Ministry of Health and Wellness does not recommend non-essential travel at this time. If you do travel to any of the countries on the restriction list within 14 days of entering Jamaica you will be quarantined at either a government facility or in-home depending on your risk assessment

WHAT TO DO IF YOU THINK YOU HAVE BEEN EXPOSED OR ARE EXPERIENCING SIGNS AND SYMPTOMS?

Call 888 ONE LOVE (663-5683) immediately!

- Stay at home
- Do not go to work, school or any public place
- Do not use public transport
- Avoid visitors to your home

You may need to do this for up to 14 days to reduce the spread of the infection.

WHERE DO I GET THE FACTS ON THE CORONA VIRUS?

The Ministry of Health and Wellness is the government organization responsible for the delivery of health care services across the island. They are the most factual resource for information related to Corona Virus in Jamaica.

888- ONE - LOVE

www.moh.gov.jm

Social Media @themohwgovjm

IS THIS THE END OF THE HANDSHAKE?

Research shows that bacteria is transferred through handshakes. Therefore in an effort to reduce the spread of the CoronaVirus, people are asked to abstain from handshakes, kisses on the cheek, hugs and high fives.

HOW TO STOP CORONA VIRUS STIGMA

Learn and share facts about the virus.

Do not share information that has not been verified by the Ministry of Health and Wellness

HASHTAGS

#CoronaVirusJamaica

#KeepYuhHanKleenAndAvoidCovid19

#ProtectYourself

#CoronaFacts

#KeepHealthy

#MOHW