Coronavirus Electronic messages

CORONAVIRUS (COVID-19)

1. **What is Coronavirus:**
   There is an ongoing outbreak new coronavirus 2019 (COVID-19) across the World. **COVID-19** is a new respiratory disease that is spread from infected person through direct contact with fluids like cough, sneeze or contaminated surfaces and articles.

2. **COVID-19 signs and symptoms**
   COVID-19 symptoms include: Fever, cough, sneezing, headache and difficulty in breathing which start within 14 days being infected.

3. **Ways to prevent COVID-19**
   - Washing hands regularly with soap and running water, or use an alcohol-based hand sanitizer,
   - Cough or sneeze into a disposable tissues or flexed elbow, and wash hands immediately.
   - Observe 2metres social distance with people who have flu-like symptoms
   - Keep away from people who have flu-like symptoms and avoid travelling
   - Avoid handshake, hugging or kissing with people with flu-like symptom,s

4. **Advice to visitors from countries reporting COVID-19**
   if you come from a country reporting COVID-19 case(s), you are suppose to provide details of your location in the country, do self isolation by not travelling out of your residence for 14 days. However, In case you develop: Fever, cough, headache, body weakness, shortness of breath or difficulty in breathing, kindly seek urgent medical attention from the nearest health facility, and contact Ministry Of Health emergency teams on: 0800721316, 0729471414,0732353535 Dial *265# for updates5.

5. **Advice to travelers travelling to Countries reporting COVID-19**
   - Washing hands regularly with soap and running water, or use an alcohol-based hand sanitizer,
   - Cough or sneeze into a disposable tissues or flexed elbow, and wash hands immediately.
   - Observe 2metres social distance with people who have flu-like symptoms
   - Keep away from people who have flu-like symptoms and avoid travelling
   - Avoid handshake, hugging or kissing with people with flu-like symptom,s
   - However, In case you develop: Fever, cough, headache, body weakness, shortness of breath or difficulty in breathing, kindly seek urgent medical attention from the nearest health facility, If you are Kenyan inform the Kenyan Embassy in that country.