

COVID-19

Prevention Before Cure

Creating **GREATER** Freedom for Your **SUCCESS**



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Empowering People

“Yes We Can Win The Battle”



Your Robust Health and Wellness is
Our Prayer and Hope



Gain knowledge on how to
prevent, manage the spread of
COVID-19



We have conducted research to
ensure the information on
prevention is accessible to our
delegates



Facts About COVID- 19

- The virus affects the **respiratory system**.
- Unlike the common Flu, **the Virus is not airborne and can rest in surfaces** such as body, clothes, metal surfaces and other commonly used items.
- The virus spreads when the saliva droplets from an infected person get into the breathing system **through the mouth, nose or eyes** of a healthy person.



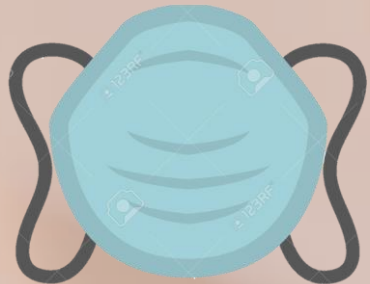
Facts About COVID- 19

- **People of all ages** can be infected by the Novel Coronavirus.
- **Older people**, and people with **pre-existing medical conditions** (e.g. asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.
- A good number of those who tested positive, **around 79,800, are in stable conditions of recovery.**

Common Symptoms

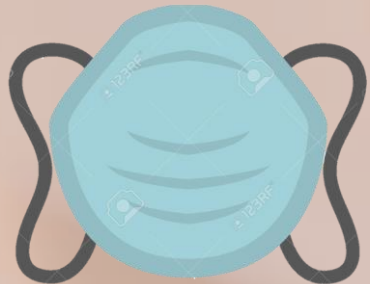
- Common symptoms include:
 - **Coughing(dry cough)**
 - **Fever**
 - **Breathing difficulty**
 - **Fatigue**
- The symptoms may **not necessarily imply** COVID-19; It could be an underlying medical condition.
- People who are infected can show no symptoms but are still **infectious**. **PROTECT** yourself at all costs.

Prevention Tips and Strategies



- Regularly and thoroughly wash your hands with **soap and water**, or use **alcohol-based hand sanitizer**.
- **Do not touch your face** (or anyone else's face). If you have to, then sanitize your hand using alcohol-based sanitizer or wash thoroughly with water and soap.
- **Maintain manageable** distance of at least 1 meter (5 feet) between yourself and anyone who is coughing or sneezing.
- Maintain good respiratory hygiene by **covering your mouth and nose while coughing and sneezing with a handkerchief, tissue, or into flexed elbow**.

Prevention Tips and Strategies



- **Avoid crowded places.**
- **Avoid sharing of utensils**, towels and other item that may carry the virus.
- **Drink water more regularly** to keep your throat moist. Gargling with warm and salt water kills tonsils germs.
- Stay at home if you feel **unwell with symptoms like fever, cough and difficulty in breathing** and call for help from the ministry of health.

If you display the symptoms of COVID-19...

- **DO NOT PANIC!**
- Contact the Kenyan Emergency response team via the hotlines **0729- 471- 414** and **0732-353-535**.
- To reduce transmission of the virus, **do not walk yourself to the hospital.**
- **Self-quarantine** to avoid sharing of items like drinking glasses, utensils, keyboards, and phones
- Use **protective masks while coughing and sneezing**. Throw them away in a closed bin.
- If you test positive, **Disinfect the house** as you move to the isolation centers.
- Get plenty of rest. There are **HIGH CHANCES OF RECOVERY**

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HABITS
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