

**Public Awareness  
Campaign  
to Combat  
Coronavirus  
(COVID-19)**

# THE CORONAVIRUS (COVID-19)

Health promotion directorate

Production section

2020

# WHAT IS A CORONAVIRUS?

- Coronaviruses are a large family of viruses known to cause illnesses ranging from the common cold to severe acute respiratory syndrome.

# WHAT IS THE NEW CORONA VIRUS?

- The New Coronavirus (COVID-2019) is a new strain of corona virus that has not been previously detected in humans

# WHAT IS THE SOURCE OF THE COVID-19?

- The source of the new corona virus is currently unknown; however, infected animals are considered a potential source

# CAN COVID-19 BE TRANSMITTED FROM PERSON-TO-PERSON?

- Yes, the virus can be spread from person-to-person through direct or indirect contact with an infected person

# HOW DOES COVID-19 SPREAD BETWEEN PEOPLE?

- The virus is transmitted through:
  - Direct contact
  - Respiratory droplets produced while talking, sneezing or coughing
  - Breathing

# IS THERE A REASON FOR PEOPLE TO PANIC?

- No, according to the current data, most new cases show mild symptoms
- COVID-19 is less severe than other common respiratory diseases
- However, individuals with weakened immune systems are at a higher risk of developing serious complications

# IS THERE A CURE FOR THE NEW CORONA VIRUS?

- There are no specific treatments for infections caused by COVID-19
- However, doctors may alleviate symptoms, while the patients' immune system fight off the virus
- Supportive care is proven to be effective



# IS THERE A VACCINE FOR COVID-19?

- There are no existing vaccines or treatments as of yet

# HOW TO PROTECT YOURSELF FROM THE VIRUS?

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## Coronavirus (COVID-19) Exposure Prevention Instructions



Wash your hands regularly and thoroughly using soap and water. Use alcohol-based sanitizers



Clean and disinfect frequently used objects and surfaces such as door handles



Cover your mouth when coughing or sneezing, and dispose of used wipes properly



Avoid contact with people experiencing a fever or suffering from a cough

# HOW TO PROTECT YOURSELF FROM THE VIRUS?

## How to handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

**⌚** Duration of the entire procedure: 20-30 seconds



## How to handwash?


WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

**⌚** Duration of the entire procedure: 40-60 seconds







# WHAT ARE THE SYMPTOMS OF COVID-19?

- Common symptoms are: fever, coughing and difficulty breathing
- In severe cases, the virus is known to cause pneumonia, severe acute respiratory syndrome, kidney failure and even death

 **Ministry of Health**

**To all citizens and residents**

**If you experience the following symptoms related to the Coronavirus disease (COVID-19):**

-  **Fever**
-  **Cough**
-  **Difficulty breathing**
-  **And if you have traveled to one of the countries infected with the disease or have interacted with a person traveling from any of those locations or interacted with an infected patient**

**Please follow these instructions:**

1. Quarantine yourself at home, in a separate room
2. Call **444**
3. Follow the instructions given by the medical team
4. Avoid close contact with others

Public Awareness Campaign to Combat Coronavirus disease (COVID-19)

# SHOULD I VISIT CHINESE MALLS IN BAHRAIN AMID GLOBAL COVID-19 OUTBREAK?

- Visiting Chinese malls in Bahrain does not increase the risk of being exposed to the virus as no new cases were recorded among workers

# SHOULD I STOP IMPORTING CHINESE PRODUCTS VIA E-COMMERCE?

- COVID-19 has not been proven to retain within packages
- Also, the time period between dispatch and arrival exceeds the incubation period of the virus as agreed upon thus far internationally
- COVID-19 does not have the ability to persist in an infectious state on surfaces for long periods

# TRAVELING TO COVID-19-AFFECTED COUNTRIES:

- Take protective measures by complying to standard health guidelines
- Consider staying at home and avoid crowded places when possible
- Wear a face mask at all times while in crowded places
- Go to the nearest medical health center if you experience any symptoms

# PASSENGERS ARRIVING TO BAHRAIN:

- Passengers arriving from mainland China:
  - All passengers will be examined upon arrival, with special care placed for those showing symptom, including: fever, cough, shortness of breath, difficulty breathing, diarrhea or vomiting
  - Passengers showing no symptoms will be continually monitored for a duration of 14 days
- Passengers arriving from COVID-19-affected countries during the past 14 days, will also be assessed according to the risk status of that country



# ARE THERE TRAVEL RESTRICTIONS ON CHINA OR OTHER COVID-19-AFFECTED COUNTRIES?

- The Kingdom of Bahrain's Ministry of Foreign Affairs has urged citizens and residents to avoid traveling to China

Citizens warned not to travel to Iran, Thailand, Singapore, Malaysia and South Korea because of COVID-19



وزارة الخارجية  
Ministry of  
Foreign Affairs

The Ministry of Foreign Affairs, in coordination with the Ministry of Health and Ministry of Interior, has activated several procedures related to arrivals to the Kingdom of Bahrain in light of the outbreak of the Coronavirus (COVID-19).

The procedures include:

- Banning entry to all foreign visitors who have visited the Islamic Republic of Iran, the Kingdom of Thailand, the Republic of Singapore, the Kingdom of Malaysia and the Republic of South Korea within 14 days of their date of arrival in the Kingdom.
- Bahraini citizens, GCC citizens and Bahraini residents who have visited Iran, Thailand, Singapore, Malaysia or South Korea within 14 days of arriving in Bahrain will be subject to quarantine and enhanced testing procedures, recommended by the World Health Organization (WHO).
- The Ministry advises citizens and residents to follow WHO guidelines and avoid all but essential travel to areas where Coronavirus (COVID-19) has been detected. (MOFA)

# WHERE CAN I GET MORE INFORMATION ON COVID-19?

- Should you have any questions or for all other enquiries regarding COVID-19, please contact (444)

## Ways to strengthen the immune system



Exercise regularly



Eat a diet rich in fruits and vegetables



Get adequate sleep



Drink plenty of water to avoid dehydration



Avoid smoking



Try to minimize or reduce stress and anxiety



Ensure you receive needed vaccinations according to the schedule of vaccinations recommended by the Ministry of Health



وزارة الصحة  
Ministry of Health

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## Ways to prevent the spread of infections



Wash your hands with water  
and soap regularly



Refrain from shaking hands;  
opt for verbal greetings



Refrain from kissing  
and hugging



Cover your mouth and nose  
with a tissue when you sneeze  
or sneeze into the crook of your elbow



Refrain from interacting  
with people  
or attending  
social gatherings

Thank you for your attention to this matter