



# ISLAMIC UNIVERSITY IN UGANDA

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## BASIC PROTECTIVE MEASURES AGAINST THE NEW CORONAVIRUS

Your health is your personal responsibility, so don't be careless about your life because no one around you is safe.

### KNOW THE FOLLOWING ABOUT THE VIRUS.

Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

#### 1. Wash your hands frequently

Regularly and thoroughly wash your hands with soap and water, use sanitizers or disinfectants. For Muslims, any time you intend to perform ablution, first wash your hands with soap.

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

**No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves.**

You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and can infect you.

**Is wearing rubber gloves while out in public effective in preventing the new coronavirus infection?**



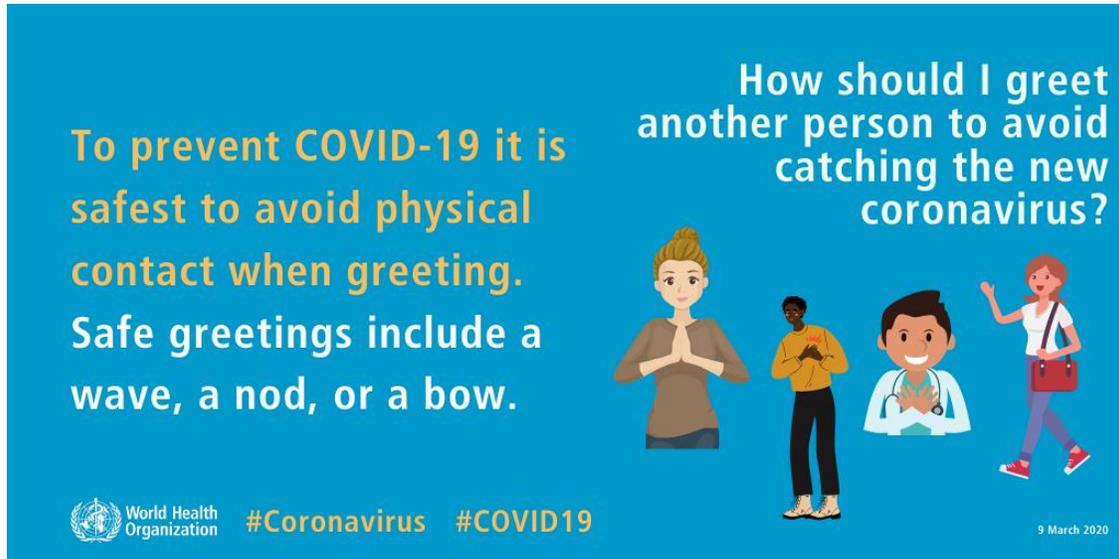
#Coronavirus #COVID19

9 March 2020

## 2. Maintain social distancing

Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.

**Why?** When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.



**To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.**

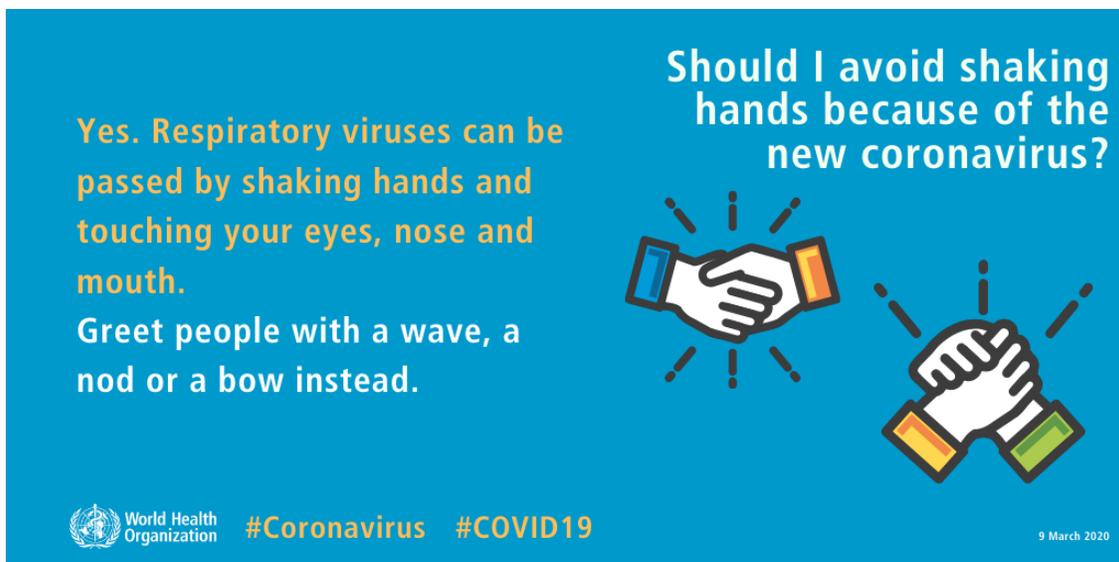
**How should I greet another person to avoid catching the new coronavirus?**

World Health Organization #Coronavirus #COVID19 9 March 2020

The infographic features a blue background with white and orange text. On the right, there are four cartoon illustrations of people: a woman with her hands pressed together in a prayer-like gesture, a man with his hands pressed together, a doctor with a stethoscope and hands pressed together, and a woman waving. The World Health Organization logo and social media hashtags are at the bottom left, and the date '9 March 2020' is at the bottom right.

## 3. Avoid touching eyes, nose and mouth

**Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.



**Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth. Greet people with a wave, a nod or a bow instead.**

**Should I avoid shaking hands because of the new coronavirus?**

World Health Organization #Coronavirus #COVID19 9 March 2020

The infographic features a blue background with white and orange text. On the right, there are two cartoon illustrations of hands shaking. The first illustration shows two hands shaking with radiating lines around them, suggesting a handshake. The second illustration shows two hands shaking with radiating lines around them, suggesting a handshake. The World Health Organization logo and social media hashtags are at the bottom left, and the date '9 March 2020' is at the bottom right.

## 4. Practice respiratory hygiene

Make sure you, and the people around you, 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.

**Why?** Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

- If you have fever, cough and difficulty breathing, seek medical care early.

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

**Why?** National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

**GETS UPDATED THROUGH YOUR NATIONAL MEDIA AND LOCAL PUBLIC HEALTH AUTHORITY**

**#our health is our responsibility**