WHAT IS COVID-19?

Corona virus disease (COVID-19) is a new kind of disease caused by SARS-COV-2 virus

SIGNS AND SYMPTOMS

Cold

Cough Flu

Breathing Disorder

Sore Throat

Tired and Diarrhea

INFECTION

Close contact with patient

Droplet

Contaminated Things

RISK FACTOR

- Having history of going abroad or to other infected cities in Indonesia

- Having contact with COVID-19 patient

- Working or visiting health facility that related with patient COVID-19

- Having contact with infected animal (if the kind of animal have been known)

- Having contact with people who have history of going abroad or went to other infected cities in Indonesia

PREVENTION

Wash hands with soap regularly

Avoiding center of the crowd

Close your nose and mouth when cough or sneeze. Wears mask if feeling sick

Do not touch eyes, nose and mouth

Clean places that frequently you touched

SELF ISOLATED AT HOME

Self monitoring recommended for infected or having contact with patient or having history of going abroad

Duration of supervising is 14 days after contact

If you have any symptoms contact the nearest health facility

WHAT DO YOU HAVE TO DO

Stay at home and 1 meters distance from sick relatives and control ventilation

Use self sanitary things (towel, spoon, plate)

Separate disposable tissue, clothes, linen from healthy people

If you need to travel, wear mask, avoid public transportation and crowded place

Clean and disinfected your things regularly during quarantine (chair, sofa, etc)

Make a list of people who visited the house