COVID-19
SLOW THE SPREAD
This is the English version

Other versions:

- Tok Pisin
- Hiri Motu
Acknowledgements

This resource is developed using information from the National Department of Health and the World Health Organisation.
You will learn:

1. What is COVID-19

2. How is COVID-19 spread

3. What are the usual signs and symptoms of COVID-19

4. How to stop the spread of COVID-19
What is COVID-19?

2019 Coronavirus Disease

A new coronavirus that was first transmitted to humans in Wuhan, China in December 2019.
This new virus causing disease in humans was unknown before the outbreak began in Wuhan, China, in December 2019.
COVID 19 is a Pandemic

COVID19 is a Public Health Emergency of International Concern

The WHO has declared COVID-19 a global outbreak (pandemic) on the 12 March 2020
How long is the ‘incubation’ period for COVID-19

The “incubation period” means the time between catching the virus and beginning to have symptoms of the disease. Best estimates of the incubation period for COVID-19 ranges from 1-14 days, most commonly around five days.
Know the signs

- Fever
- Cough
- Shortness of breath
- Sore throat
Some patients may have

- Aches and pains
- Nasal congestion
- Runny noses
- Sore throat
- Diarrhoea
4 out of 5 people infected with COVID-19 will get only mild symptoms—like sore throat, cough and fever.
That means 80% have mild illness only
And, some people have the virus and don’t feel unwell
A small number of people may become very sick from coronavirus

We call this **Severe Acute Respiratory Syndrome (SARS)**

Pneumonia (severe lung infection) and kidney failure
Current statistics suggest about 1 in 6 people may get very sick and to be hospitalised
But most people will make a **full recovery**
Who are people at most risk of getting very sick?

Health Workers

People over the age of 55

People with chronic illness e.g. heart disease, auto-immune
COVID-19 spreads primarily from person to person

The virus is in small liquid droplets from the nose or mouth.

The virus spreads when an infected person exhales or coughs.

You can catch these droplets if you stand too close to someone that is sick with coronavirus.
The virus can also be left on objects and surfaces

So if you touch something contaminated and then touch your face or another’s face, you might fall ill.
How else can COVID-19 be transmitted?

- Betel nut spitting
- Pens and stationary
- Phones and tablets
- Buttons
- Door handles
How long does it take to get sick

If you come in contact with the COVID-19 virus you may start feeling sick between 1 and 14 days after.
Use social distancing

About 2 metres
Avoid shaking hands
Cover your cough
Wash your hands often

With Soap and Water for 20 seconds  Or  Alcohol hand-sanitiser
Avoid people who are sick with respiratory illness

Isolate yourself
Wash your hands with soap and water
7 basic steps to wash your hands correctly using soap and water

1. Palm to palm
2. Between fingers
3. Back of hands
4. Base of thumbs
5. Back of fingers
6. Fingernails
7. Wrists
8. Rinse and wipe dry
Wash your hands with alcohol hand-sanitiser

Before touching your face, nose, eyes or mouth
After touching potentially contaminated items
Before and after shaking hands
Before and after eating or preparing a meal
How to Alcohol Rub

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds

1a. Apply a palmful of the product in a cupped hand, covering all surfaces;

1b. Rub hands palm to palm;

2. Rub hands palm to palm;

3. Right palm over left dorsum with interlaced fingers and vice versa;

4. Palm to palm with fingers interlaced;

5. Backs of fingers to opposing palms with fingers interlocked;

6. Rotational rubbing of left thumb clasped in right palm and vice versa;

7. Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8. Once dry, your hands are safe.
Should I wear a mask to protect myself

Only wear a mask if:

a. you are ill with COVID-19 symptoms (especially coughing)

b. You are caring for someone who is ill with symptoms of COVID-19

There is a worldwide shortage of masks. We need masks to protect our frontline health workers like doctors, ambulance officers and nurses.
P2 (N95) masks are to protect health workers

We suggest that P2 masks should only be used by health workers because they are at greater risk.
If someone is coughing, what should I do?

• Maintain a distance of **at least** 1 metre from people who are coughing or sneezing.
• We recommend 2 metres
How long does the virus survive on surfaces?

- It is not certain.
- It might live on surfaces for a few hours or up to a few days.

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- Regularly clean surfaces with simple disinfectant.
- Clean your hands with alcohol-based hand rub or soap and water
IF YOU GET SYMPTOMS OF COVID-19

• Stay home
• Don’t go into public areas – you might spread the virus to other people
• Treat your symptoms
If you get symptoms of COVID-19 you must rest at home for **14 days**

You should not go into public places because you might spread your germs to other people who are not sick.
What should I do if I am sick?

- Drink plenty of water
- Consider taking paracetamol to ease a fever or sore throat. Paracetamol reduces symptoms, tasol. It does not make you better.
- Seek medical advice
Is there anything I should not do?

Do NOT

- Smoke
- Wear multiple masks
- Take antibiotics unless doctor tells you to do so.
Do your best to stay physically & mentally well
Eat healthy

plenty of water  fruits  vegetables  protein
Light exercise every day
Rest

Around 7 – 9 hours per night.
How can you protect your employees in your workplace?

- Make it easy for people to wash their hands with soap and alcohol hand sanitizer on desks and near doors or entry surfaces that are commonly-touched regularly.
- An employee stay home if they are sick.
Who is in charge of the PNG COVID-19 Response in PNG

The Minister for health is in charge of PNG’s response to COVID-19.

All government agencies are involved in the response to COVID-19.

The health department works with the RPNGC, St John Ambulance and many other agencies to prepare for and manage any cases of COVID-19.
Am I going to die?
Most people survive COVID-19

Most people 95% of people who have got coronavirus have made a full recovery
Can the virus that causes COVID-19 be transmitted through the air?
Can the virus that causes COVID-19 be spread through the air?

COVID-19 does not appear to be airborne.

Studies to date suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air. The best thing you can do is keep at least one metre from someone who is coughing.
Can eating garlic help prevent infection with the new coronavirus?
Can eating garlic help prevent infection with the new coronavirus?

Garlic is a health food that may have some antimicrobial properties.

However, there is NO evidence from the current outbreak that eating garlic has protected people from the new coronavirus.
Are **antibiotics** effective against the coronavirus
Are **antibiotics** effective against the coronavirus?

No!

Antibiotics **do not** work against viruses, only bacteria.

The new coronavirus is a virus, and therefore antibiotics should not be used as a means of prevention nor treatment.

However, if you are hospitalised for COVID-19, you may receive antibiotics since bacterial co-infection is possible.
Can you contract coronavirus from mosquitoes
Can you contract coronavirus from mosquitos

NO! There is no information nor evidence to suggest that the new coronavirus can be transmitted by mosquitos.
Do I need to wear a mask?
Do I need to wear a mask?

- Yes, if you are a health worker or emergency worker caring for someone with COVID-19
- Yes, if you are directly caring for a person with coronavirus
- No, if you are a member of the public going about your normal business.
Are there any specific medicines to prevent or treat the new coronavirus
Are there any specific medicines to prevent or treat the new coronavirus

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (COVID-19)

20 March 2020
Testing your knowledge

• How does COVID-19 spread?
• What are some ways you can stop the spread of COVID-19?
St John will do everything possible to help you

But it is possible we may be overwhelmed with too many calls.

So it is really important you only call us if it is real life-threatening emergency.

We may be so overrun with calls that we tell you to make your own way to a hospital or treatment centre.
In a Medical Emergency Call

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AMBULANCE
References