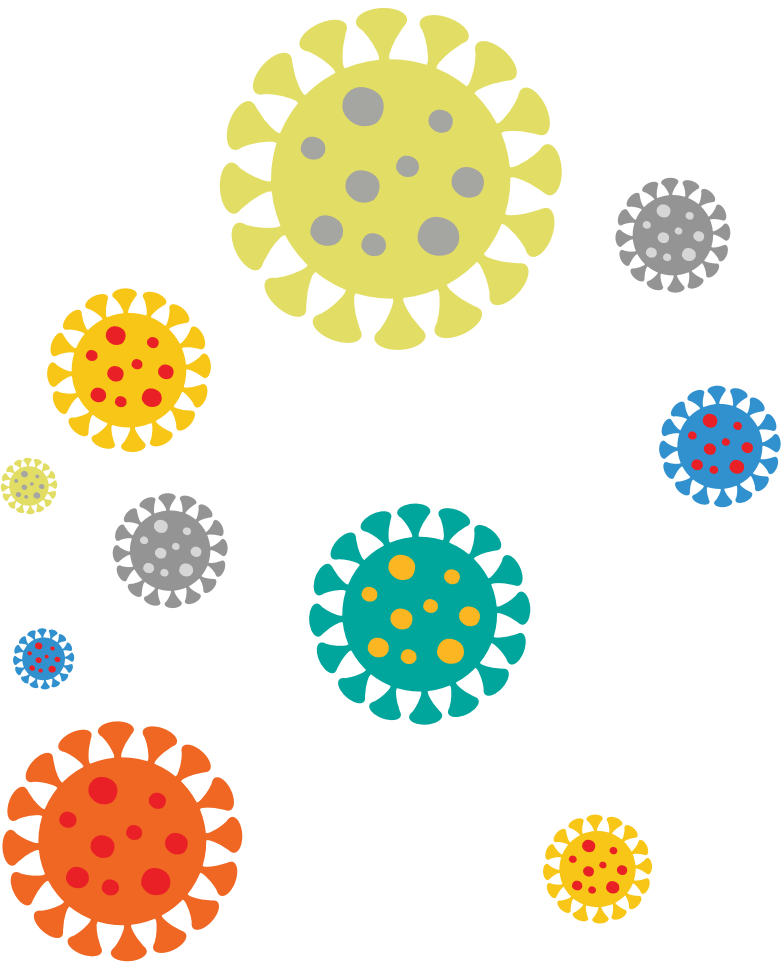


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Coronavirus

disease 2019 (COVID-19)



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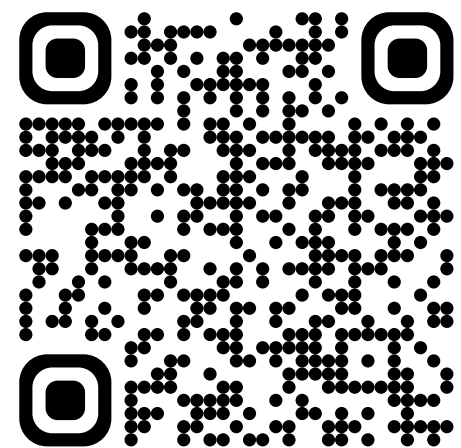
Updated on 12/3/2020



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What is **Corona virus?**
(COVID-19)





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Corona virus infection **transmission methods** (COVID-19)

1

Through **respirator droplets**

2

contact with
contaminated surfaces

3

Direct contact
with infected people



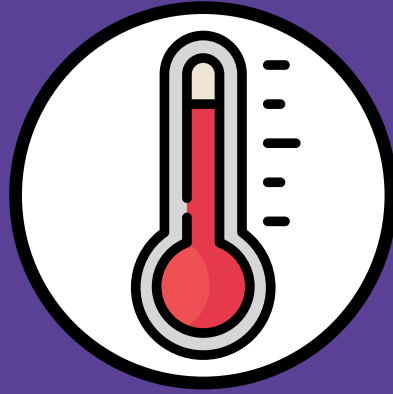
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Corona virus symptoms (COVID-19)



Fever



Cough



Shortness
of breath

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How to prevent yourself corona virus infection (COVID-19)



Wash your hands
with soap and water



Cover your mouth and nose
when coughing and sneezing



Avoid close contact
who have symptoms of
a respiratory infection such
as coughing or sneezing

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Corona virus **transmission** **methods** (COVID-19)

Before, during and
after preparing food



before eating



After coughin
and sneezing



Before and after caring
for the affected person



After using
the toilet



After changing
diapers



After touching
the animals



After touching
the trash



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The right way to wash hands



7



8



4



5



6



1



2



3

When



Before and after
food.



After coughing
and sneezing



After using the
toilet

Wash your hands with soap and water for 40 sec
or alcohol-based hand sanitizers for 20 sec

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The right way
to wash hands your





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Sneezing etiquette to reduce infection



Use **tissue paper** when sneezing



cover your **mouth** and **nose** with your **elbow**



Wash your hands with **soap** and **water** for **40 sec**



Throw it in the trash

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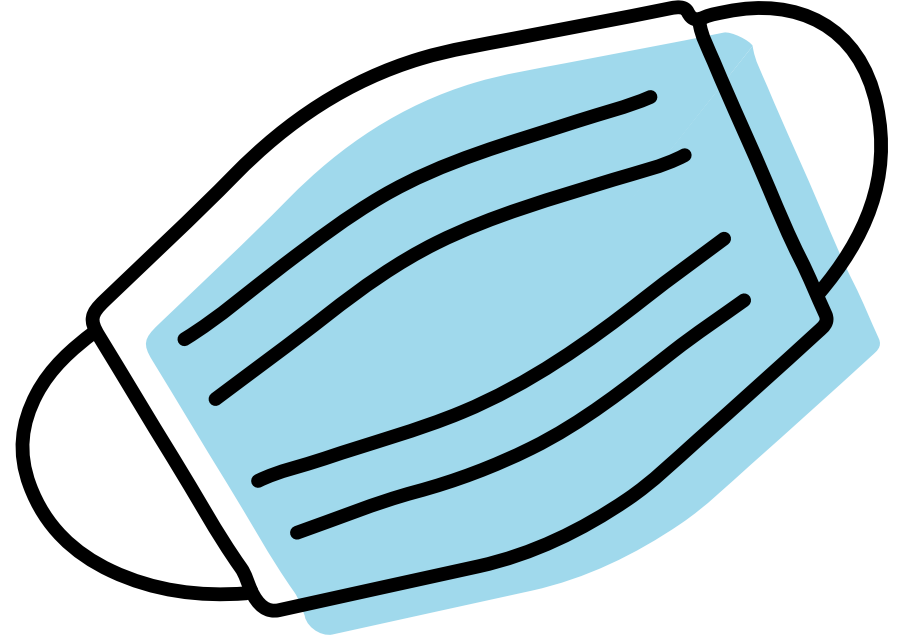


Wrong habits





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The mask should not be worn!

unless you are:



If you suffer from respiratory symptoms
e.g. coughing & sneezing

Or in a direct contact with someone
who has respiratory symptoms



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■ Do you have COVID-19 symptoms?



Wear a mask

Call 937

937



**You will be directed
to the nearest hospital**

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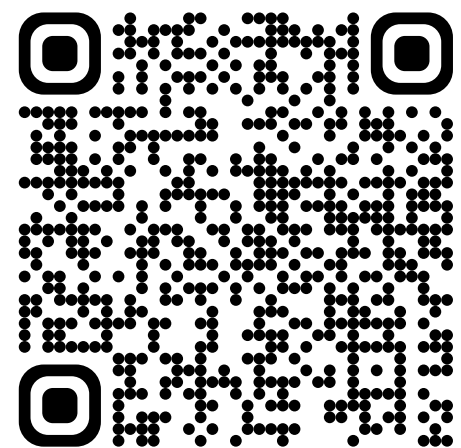
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When to use
the mask

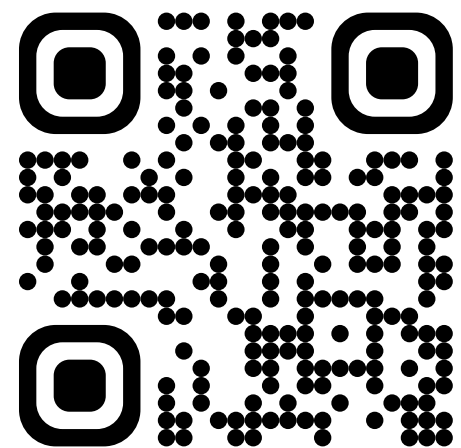




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Prevention from
COVID-19

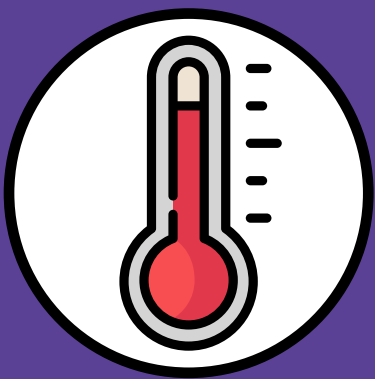




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If you come from outside the KSA

You develop symptoms within 14 days of your arrival



High fever



Sore throat



Shortness
of breath

then you are
advised to



Wear a face
mask



Stay at home



Call 937

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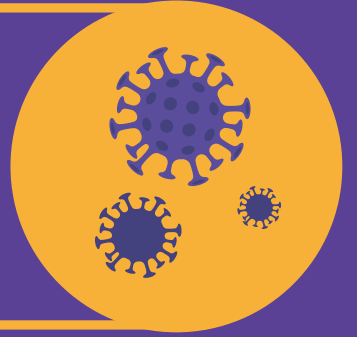
Travelling WHILE COVID-19 outbreak

Wear a mask



Travel only
if needed

Avoid traveling to
endemic countries



Avoid traveling
when you have a
fever Or cough

People with **chronic diseases** should
see a **doctor**
before traveling



If you have symptoms of
COVID-19, call 937

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They say...

**Wearing a mask
will protect you from
catching corona virus**

Masks are only needed if you're having symptoms of a respiratory infection, or of those who are in direct contact with infected individuals



NO NO NO
NO NO NO
NO NO NO

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Home Quarantine

Procedures:

When coughing or sneezing



cover your mouth
with the elbow



use tissues



dispose them
in the trash



wash your hands with soap,
water or sterile alcohol

- Stay home in a room and stay away from others as much as possible.

- Get help from those around you to take care of you.

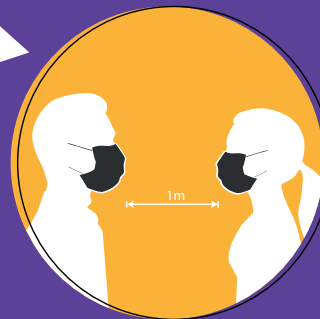


- Avoid traveling and public places (school or work).
- Avoid receiving visitors at home.

When necessary, to communicate with others:



Wear a mask when leaving the house
or mingling with others



When necessary,
to communicate with others:

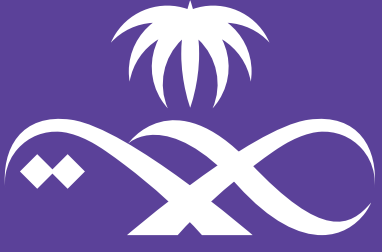


When symptoms occur,
call health 937

Follow this for 14 days
to reduce the spread of infection

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الوقاية من

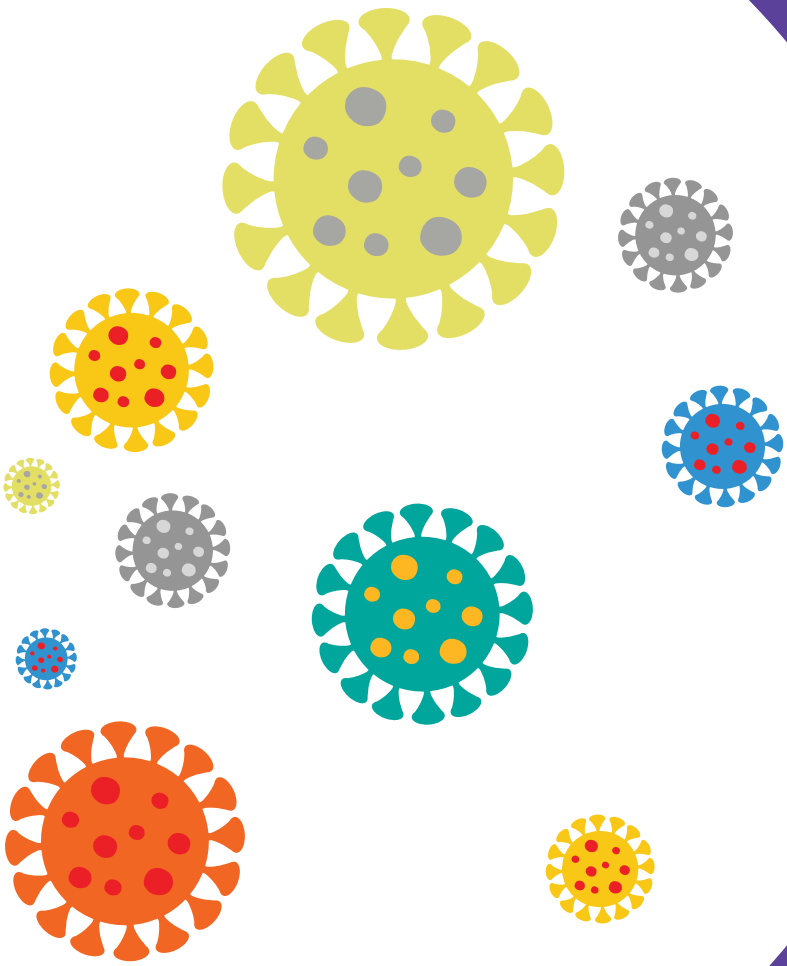
كورونا

الفيروس الجديد
(COVID-19)

دليلك التوعوي

عن الفيروس

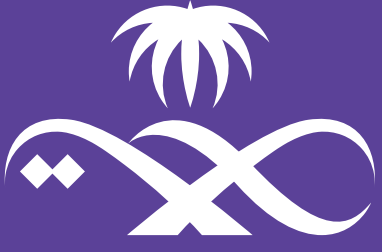
#الوقاية_من_كورونا



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