

Comes On Lets Protect Ourselves From The Covid-19 Virus

The Covid-19 pandemic has brought about a significant shift in our daily lives. With the virus spreading rapidly across the globe, it is crucial for us to take necessary precautions to protect ourselves and those around us. In this article, we will discuss the key measures to safeguard against the Covid-19 virus and the importance of practicing them consistently.

The Importance of Hand Hygiene and Regular Handwashing



COVID-19

Hand Hygiene

SOAP OR ALCOHOL-BASED HAND RUB: Which is best?

Either will clean your hands:
use soap and water if hands are visibly soiled.



Remove hand and wrist jewellery

HOW TO HAND WASH



1 Wet hands with warm (not hot or cold) running water



2 Apply liquid or foam soap



3 Lather soap covering all surfaces of hands for 20-30 seconds



4 Rinse thoroughly under running water



5 Pat hands dry thoroughly with paper towel



6 Use paper towel to turn off the tap

HOW TO USE HAND RUB



1 Ensure hands are visibly clean (if soiled, follow hand washing steps)



2 Apply about a loonie-sized amount to your hands



3 Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)

COVID-19_HYI_001



One of the most effective ways to prevent the transmission of the virus is by practicing good hand hygiene. Washing your hands regularly with soap and water for at least 20 seconds can help eliminate the virus from your hands. It is vital to clean all areas of your hands, including the back, between your fingers, and under your nails.



COVID-19 OUTBREAK: comes on, lets protect our selves from the covid-19 virus

by Shoneen Abbas (Kindle Edition)

★★★★☆ 4.5 out of 5

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Enhanced typesetting : Enabled
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Using an alcohol-based hand sanitizer with a minimum of 60% alcohol content when soap and water are not available is also recommended. However, it should be noted that hand sanitizers are not a substitute for proper handwashing. They should be used when necessary and not as a primary method of hand hygiene.

Maintaining Social Distancing

COVID-19 Know The Facts



COVID-19 spreads primarily from person to person



- Droplets released when someone sick sneezes or coughs can land on the mouths or noses of people nearby
- Close contact with someone sick – like hugging or shaking hands



COVID-19 mainly spreads from person to person But it can also be left on objects and surfaces...



Reduce your risk of COVID-19



Social distancing plays a crucial role in reducing the spread of the Covid-19 virus. It involves maintaining a safe distance of at least 6 feet (2 meters) from others, especially when in public places. By limiting close contact with individuals who may be infected, we can significantly decrease the risk of contracting the virus.

When socializing or going out to essential places like grocery stores or pharmacies, it is important to follow the guidance provided by local health

authorities. This may include wearing a mask, avoiding crowded areas, and minimizing physical contact with surfaces.

Wearing Face Masks



Wearing face masks has become an essential part of our daily lives amidst this pandemic. Masks act as a barrier, preventing respiratory droplets from being released into the air when we speak, cough or sneeze. They not only protect us but also those around us.

It is recommended to wear a mask that covers both your nose and mouth properly whenever you are in public places or when social distancing is not

possible. Masks should be worn consistently and should not be touched, adjusted, or removed frequently, as this can increase the risk of contamination.

Frequent Cleaning and Disinfecting

About 1 in 3* adults used chemicals or disinfectants unsafely while trying to protect against COVID-19

Stay safe while using household cleaning and disinfectant products

- Always read instructions** (Icon: Spray bottle with magnifying glass)
- Wear protective gear** (Icon: Gloves and goggles)
- Do not mix chemicals** (Icon: Two bottles pouring into a bowl, crossed out with a red circle and slash)

*According to a nationally representative survey of 1021 U.S. adults—May 4, 2020

CDC.GOV bit.ly/MMWR6520 MMWR

Regularly cleaning and disinfecting frequently-touched surfaces is vital in reducing the risk of surface transmission. These surfaces may include doorknobs, light switches, cell phones, keyboards, and countertops. Using soap and water or an appropriate disinfectant can help eliminate the virus.

It is also important to maintain good respiratory hygiene by covering your mouth and nose with a tissue or your elbow when coughing or sneezing. Properly disposing of used tissues and immediately washing/sanitizing your hands afterwards can help prevent the spread of the virus.

Staying Informed and Following Guidelines



PROTECT YOURSELF FROM THE NEW CORONAVIRUS (COVID-19)



Make sure you wash your hands with soap and water.
If soap and water are not available, clean your hands with hand sanitizer



When coughing or sneezing:

- Cover your nose and mouth with a clean napkin and make sure to throw the used napkin in the trash immediately
- If a napkin is not available, make sure you use the top of your sleeve, not your hands



Always wash your hands:

- After coughing or sneezing
- Before, during and after preparing food
- Before eating
- After using the restroom
- When caring for patients
- When your hands are dirty
- After handling animals



Try to avoid any contact with people who show symptoms of respiratory diseases such as coughing or sneezing



Avoid touching your nose, eyes and mouth with unclean hands



Make sure you eat a healthy, balanced diet



Avoid contact with stray, sick or dead animals



If you have flu symptoms, use a face mask to avoid infecting others



Make sure to cook your food thoroughly, especially meat and eggs, and avoid raw food



Visit the nearest health center or hospital if you have any flu symptoms



Avoid unnecessary travels to infected countries



With new information emerging constantly, it is essential to stay informed about the latest updates regarding the Covid-19 virus. Following guidelines and recommendations provided by credible sources such as the World Health Organization (WHO) or the Centers for Disease Control and Prevention (CDC) can help us make informed decisions to protect ourselves and our loved ones.

It is also advised to stay updated on the current situation in your community or area and to adhere to any local health directives or restrictions in place. By staying informed and following the guidelines, we can collectively work towards reducing the impact of the virus and preventing its further spread.

The Covid-19 pandemic has disrupted our lives in unprecedented ways. However, by taking necessary precautions, such as practicing good hand hygiene, maintaining social distancing, wearing face masks, cleaning and disinfecting regularly, and staying informed, we can protect ourselves and others from the virus.

Remember, protecting ourselves from the Covid-19 virus is not just an individual responsibility, but a collective effort. By being responsible and proactive, we can contribute to overcoming this global health crisis and pave the way for a safer and healthier future.



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I decided to write this book to educate you about the deadly COVID-19 virus that pose the greatest risk to humans today. the COVID-19 virus, first reported in Wuhan, Hubei province, China on December 31, 2019, is now spreading in a way that threatens not only China but the entire world.

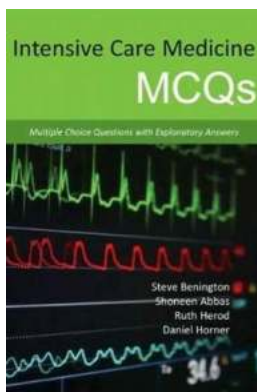
I have worked very hard to compile this book based on the knowledge I have gained by studying a large number of books.

The contents of this book are as follows,

- 1.What is this COVID-19 virus ?
- 2.How to protect yourself from COVID-19 virus
- 3.When to seek medical advice as soon as possible
- 4.Self- quarantine
- 5.Basis procedures to be followed by patients

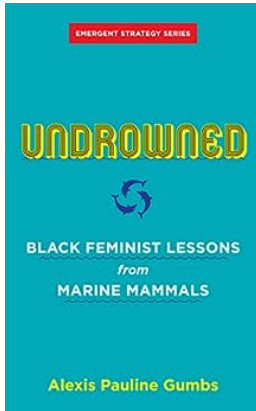
I hope you can protect yourself from the deadly COVID-19 virus by studying this book.

LETS WORK TOGETHER TO DEFEAT THE DEADLY COVID-19 VIRUS !



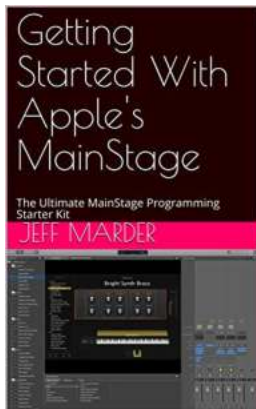
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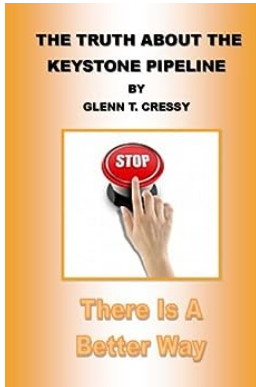
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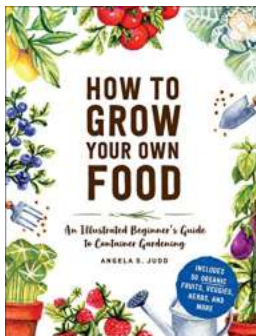
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