

CORONAVIRUS COVID-19



PREVENTION

The strain of coronavirus known as COVID-19 has gradually spread to every continent other than Antarctica and therefore, preventative measures are critical, especially for those who are more vulnerable to coming into contact with the virus.

According to the World Health Organization (WHO), groups most at risk include people who have close contact with animals, live animal market workers, family members and health care workers.



According to the WHO, you can take preventative measures against contracting the virus by:

- Avoiding close contact with those who are sick, when possible. (1 metre is sufficient).
- Wearing masks, gloves and protective clothing in a health care setting. (When wearing a mask, try not to touch it other than to remove it or position it correctly).
- Handwashing, with soap and water or using an alcohol-based rub if your hands are not visibly dirty.
- Thoroughly cooking meat and eggs.

Further to this, the Centers for Diseases Control and Prevention (CDC) also suggest:

- Staying home when you feel ill.
- To try not to touch your nose, eyes and mouth. If unavoidable, rather use the back of your hand but ideally, wash your hands before and after touching your face.
- Wipe and “disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.”

The elderly and people with pre-existing conditions like, diabetes, obesity and heart disease may be particularly at risk of severe symptoms from this virus and should exercise caution especially in circumstances that pose risk warns, the CDC.