COVID 19 Information Exhibition

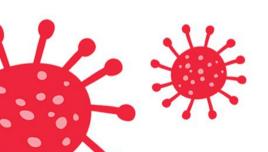
Information and facts from World Health Organization (WHO), Pan American Health Organization (PAHO) and Ministry of Health Malaysia (MOH)

> Perpustakaan Sultan Abdul Samad Universiti Putra Malaysia















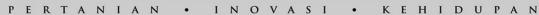


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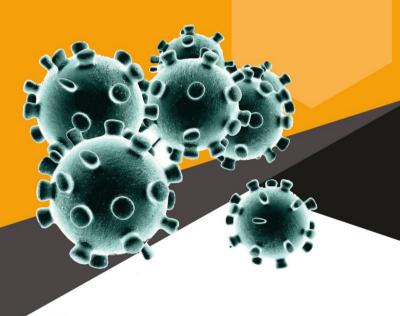
What is Coronavirus?

Coronaviruses are a large family of viruses that cause illness in human and animals. Coronaviruses can cause illnesses ranging in severity from the common cold to Severe Acute Respiratory Syndrome (SARS).



HOW DOES THE VIRUS SPREAD?

Coronaviruses can spread via respiratory secretions:



- Coughing and sneezing by an infected person.
- Direct physical contact with an infected person.
- Touching or coming in contact with surfaces or objects contaminated with the virus.

How can individual infected with the virus prevent transmission to others?



Cover mouth and nose when coughing or sneezing. Dispose tissue after use and clean hands with soaps and water or sanitiser.



Wear face mask.





Always maintain good personal hygiene and cleanliness.

What are the symptoms of infection?





Most people confirmed to have coronavirus infection feel sick with the following symptoms:



Fever with body temperature 38°C and above.



Cough.



Diffic<mark>ulty in</mark> brea<mark>thing.</mark>

If you develop the above symptoms, seek medical attention immediately at the nearest clinic or hospital.

HOW DO YOU PREVENT INFECTION?



Wash hands frequently with water and soap or sanitiser.



Maintain at least 1 meter distance from those who are coughing, sneezing and have a fever.



Avoid touching eyes, nose and mouth frequently.



Avoid crowded places.

Is there a vaccine or treatment?

Currently there is no vaccine to protect against Coronavirus. Infected individuals should seek medical care to help relieve the symptoms.



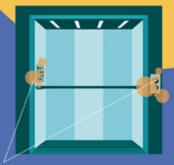
COVID-19 mainly spreads from person to person

But it can also be left on objects and surfaces...



tissue doorknobs

digital devices



laptop and mouse

pens

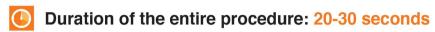
lift buttons

So if you touch something contaminated and then touch your face or another's face, you might all fall ill.



Clean your hands

WITH 60%-95% ALCOHOL-BASED FORMULATION





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



Rub hands palm to palm;



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



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



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



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



Once dry, your hands are safe.

Having clean hands reduces the spread of diseases like COVID-19



Steps to follow during (home surveillance):





List out all your visitors.





Cover your mouth and nose using tissues whenever coughing / sneezing.



Dispose the used tissues into the bin. Wash your hand with water and soap or use hand sanitizer after coughing /sneezing.





Wash Your Hand Frequently



Wash eating utensils with water and diswashing soap/liquid each time before using



Keep windows open for ventilation.













Covid-19: Novel Coronavirus Content Free to Access

A collection of articles and other resources on the Coronavirus (Covid-19) outbreak. All article and resources related to the Covid-19 pandemic is freely available.



https://www.elsevier.com/con nect/coronavirus-informationcenter



Centers for Disease Control and Prevention (CDC) https://www.cdc.gov/coronaviru s/2019-ncov/publications.html



https://academic.oup.com/journ als/pages/coronavirus



The New Englanf Journal of Medicine (NEJM) https://www.nejm.org/coronavirus



The Journal of the American Medical Association (JAMA) https://jamanetwork.com/journals/ja ma/pages/coronavirus-alert



https://www.thelancet.com/coro navirus



Wiley https://novel-coronavirus.onli nelibrary.wiley.com



Cambridge https://www.cambridge.org/core/bro wse-subjects/medicine/coronavirus-f ree-access-collection



British Medical Journal (BMJ) https://www.bmj.com/cor onavirus





