



مدينة الملك فهد الطبية
King Fahad Medical City

التجمع الصحي الثاني بالمنطقة الوسطى
Second Health Cluster in Central Region

Health education about COVID19



إدارة التثقيف الصحي | قسم التوعية الصحية
Health Education Administration | Health Promotion Department



King Fahad Medical City



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What is COVID-19?

COVID-19 is the recently discovered coronavirus causing infectious disease in Wuhan, China, in December 2019.

How does COVID-19 spread?

- **Droplet transmission** through direct exhaling, coughing or sneezing less than one meter from an infected person.
- **Direct Contact** occurs when there is physical contact between an infected person and a susceptible person
- **Indirect Contact** with contaminated things and surfaces by infected person followed by touching their eyes, nose or mouth.

What are the symptoms of COVID-19?



Fever



Headach



Out of
breath



Sever
cough



Sore
throat

What can I do to PROTECT myself and PREVENT the spread of disease?



• Hand Hygiene

Use an alcohol-based hand rub or wash them with soap and water thoroughly and regularly.



• Social distancing

At least 1.5 meter (3 feet) of the distance between yourself and everyone.



• Avoid touching your eyes, nose & mouth

Contaminated hands may transfer the virus to the eyes, nose, or mouth thereby causing possible sickness.



• Proper cough etiquette

cover your mouth and nose with your bent elbow or tissue paper.



• Clean and disinfect frequently touched objects and surfaces



• Stay at home if you feel unwell

Seek medical attention and call in advance once you have a fever, cough, and difficulty breathing.



• Keep Up To Date On The Latest COVID-19 News And Hotspots


There are no specific vaccines and antiviral medicine **yet!**





- ✓ Self-medication is highly prohibited.
- ✓ People with severe illness should be hospitalized.
- ✓ Relieving symptoms through supportive care is the most effective intervention currently.



Novel Corona Virus (nCoV-2019)



If you are traveling to areas where the virus appeared, AVOID the following: 

-  Contact with animals (alive or dead) or their products, or shopping at their places of sale
-  Touching or rubbing your eyes, nose, or mouth without washing hands
-  Contact with people having respiratory symptoms or sharing objects with them
-  Crowded places

If you develop symptoms of a respiratory infection:



Seek immediate medical help



Avoid traveling and contact with others



Make sure to cover your mouth and nose when you cough or sneeze



Keep your hands clean and sterilized



Regular hand washing is the first line of defense against infection and diseases



Wash your hands properly



To boost your Immunity

Eat food rich in
antioxidants

30 Walk for
minutes during
the day

Get enough
sleep

Wash your
hands with
water and soap
40 for at least
seconds

When wearing gloves: **Remember !**



Use the following steps to take off gloves:



Hold the outside of one glove at the wrist area



Peel the glove while turning it inside out



Hold the removed glove in your other hand



Slide your fingers under the other glove and peel it off



Turn the glove inside out and leave the first glove in

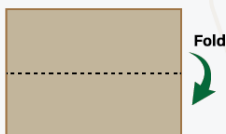


Dispose the glove safely. Don't reuse it and clean your hands

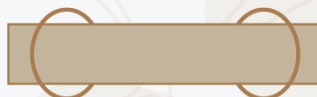
Cloth face mask

How to do it:

1 Fold it



3 Place rubber bands or hair ties about 6 inches apart



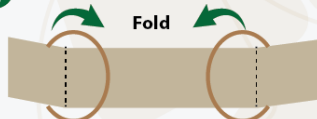
5



2 Fold top down.
Fold bottom up



4



6



Notes:



It's preferable to use cotton fabric



Do not share it with anyone



Wash it after each use



Wash your hands immediately after taking off the mask



Clean & disinfect frequently touched surfaces daily



Do cleanliness and tidiness of workplace affect my health?

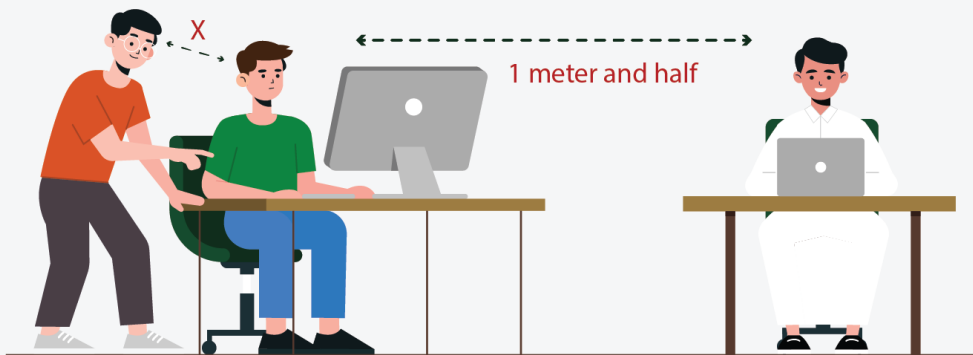
Cleaning your office regularly, especially frequently used objects such as the keyboard and mouse, is important to avoid the spread of germs and diseases

A messy office creates a distracting environment which affects negatively your efficiency in work

Keeping your office tidy can significantly reduce your stress level



keep your distance



* keep a distance of one meter & half at least between you and your teammate

How can I manage my needs from home during COVID 19 pandemic



Use delivery applications registered under "Communications and Information Technology Commission"



Use virtual meetings to communicate with relatives or colleagues



When leaving for essential reasons, please adhere to preventive measures



For emergency cases, use ASAFNY application.

Precautionary Measures when Receiving Deliveries

Keep a distance of one meter at least

Do not accept a delivery if opened or without a sticker

Wash your hands properly after receiving the order

Pay electronically instead of cash

Get rid of wrapping bags immediately and safely; and disinfect any open surface with water and Chlorine, if possible



Coping with stress during nCoV-19 outbreak

Overcome anxiety and fear associated with Coronavirus COVID19 by talking to your family, friends, and loved ones remotely



Don't binge on smoking to deal with your stress



In crises, rumors abound, Trust health information from a credible source such as the Ministry of Health or WHO



Manage your emotions at the current outbreak from skills you have used in the past that have helped you manage previous crises

Keep faith and stay safe with keeping preventive precaution recommended by the MOH



Be Prepared



Be Responsible

Educate yourself on the
COVID 19 sign and
symptoms



Ask for help when you are
feeling overwhelmed

Allow time for your health
(sleep, eat, & rest)



Smoker are more prone to COVID 19 infection, and its serious complications!



This is the most suitable time to quit smoking

The Difference between Quarantine and Isolation when Dealing with COVID-19



Quarantine

A restriction on the activities of suspected persons who have no symptoms, nor positive result, in a specific facility or at home under certain conditions



Isolation

Separation of the affected or suspected symptomatic individual in a way that prevents the spread of infection. Isolation is either in the hospital or at home depending on the case



**For More information, visit KFMC
accounts in social media or call 937**

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