



COVID-19

INFORMATION BOOKLET

WHAT YOU NEED TO KNOW ABOUT COVID-19

What is COVID-19?

COVID-19 is a disease caused by a new form of coronavirus. It was first reported in December 2019 in Wuhan City, China.

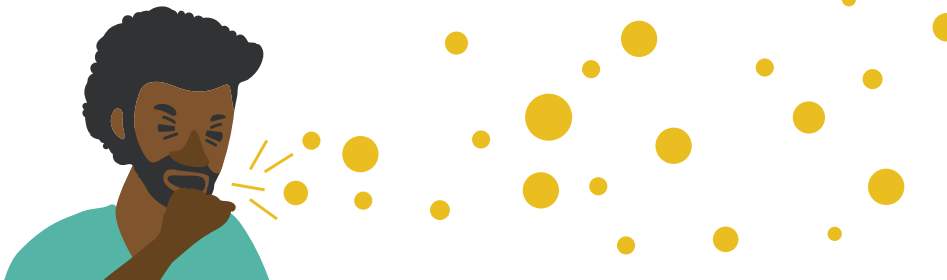
What are the symptoms?

The most common symptoms are fever, chills or sweats, dry cough, shortness of breath, sore throat and fatigue. Some people also experience headaches, nasal congestion, runny nose and loss of sense of smell or taste.

Most people infected with COVID-19 will experience only mild symptoms.

In severe cases, infection can cause pneumonia or severe respiratory syndrome, requiring hospital care.

Initial reports have shown that the elderly and people with pre-existing medical conditions such as heart and lung diseases, are at most risk of severe illness and potentially those with diabetes, HIV and TB.



HOW IS COVID-19 SPREAD?



The virus can be spread from person-to-person through:

- close contact with someone who has the virus.
- contact with droplets expelled from an infected person when they cough or sneeze and inhaled by another person.
- touching objects or surfaces (like door knobs or tables) that have droplets from an infected person, and then touching your mouth or face.

Because COVID-19 is a new disease, there is no existing immunity in our community. This means COVID-19 could spread widely and quickly.

What is the treatment for COVID-19?

There is no specific treatment for COVID-19 in most cases symptoms will resolve on their own.

Is there a vaccine?

- Yes, there is now a vaccine available.

Why should people be tested for COVID-19?

- If we know who has the virus, that person can protect their family and community by isolating from others.

PREVENTION OF NEW INFECTIONS:

In order to limit the spread of COVID-19 there are a number of public health interventions:

1. The best way to prevent and slow down the spread of COVID-19 is to be well informed about the virus, and to know how it is spread and how to prevent transmission.
2. Cover your mouth and nose when you cough or sneeze to prevent droplets spreading.
3. Wash your hands with soap and water or alcoholic based hand rub frequently, especially if you are touching surfaces that are touched by others.
4. Keep a safe distance (at least 1 metre) from other people, particularly when you are somewhere with a lot of other people.
5. Stay at home if you are feeling unwell.
6. Contact the COVID-19 Hotline on 1800200 if you have any symptoms.
7. Get vaccinated when the vaccines become available in PNG.



COVID-19

It is important to remember that while COVID-19 can result in death, most people who are infected will develop a mild illness and recover. However, interruption of routine health services as a result of COVID-19 can have greater impact on your community. So it is important to ensure all routine health care services and practices continue but are provided in a way that limits risks to COVID-19, through careful planning, organised implementation and clear community leadership. In this way you can help keep everyone in your community safe and healthy.

COVID-19 can infect anyone, it does not discriminate and neither should we.



SHOULD I WEAR A FACE MASK?



Face masks are recommended for anyone who has known contact with someone who has COVID-19 or is suspected of having the virus.

People who are in close contact with lots of other people should wear a face mask as they will provide some protection.

Health care workers need to wear a face mask to protect themselves and their community. A person who wears a face mask is helping to protect themselves, their family and their community.



STAYING INFORMED ABOUT COVID-19



PNG online COVID-19 information portal
COVID19.info.gov.pg/



PNG NDOH Facebook page
www.facebook.com/PNGNDOH/



Department of Health COVID-19 website
www.health.gov.pg/subindex.php?news=1



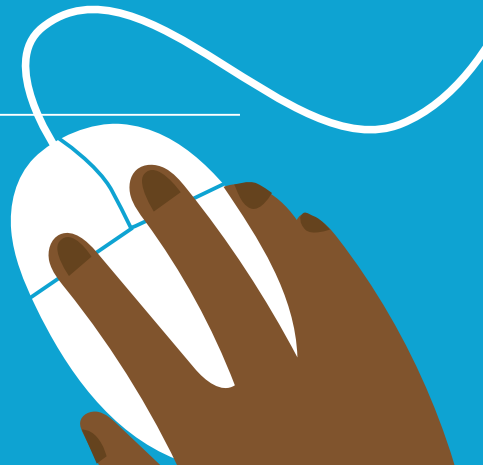
WHO Papua New Guinea Facebook page
www.facebook.com/WHOPapuaNewGuinea/



WHO's latest advice and updates
[www.who.int/emergencies/diseases/
novel-coronavirus-2019](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)



COVID-19 Hotline (NDoH)
1800200 or 71960813



COVID-19 VACCINES

Over the past 12 months, scientists around the world have worked together to develop a number of new vaccines to prevent the spread of COVID-19 and the severity of the illness.

When these vaccines are available in PNG it is important that everyone gets vaccinated.

Only when everyone is vaccinated can we prevent the spread of the illness.

