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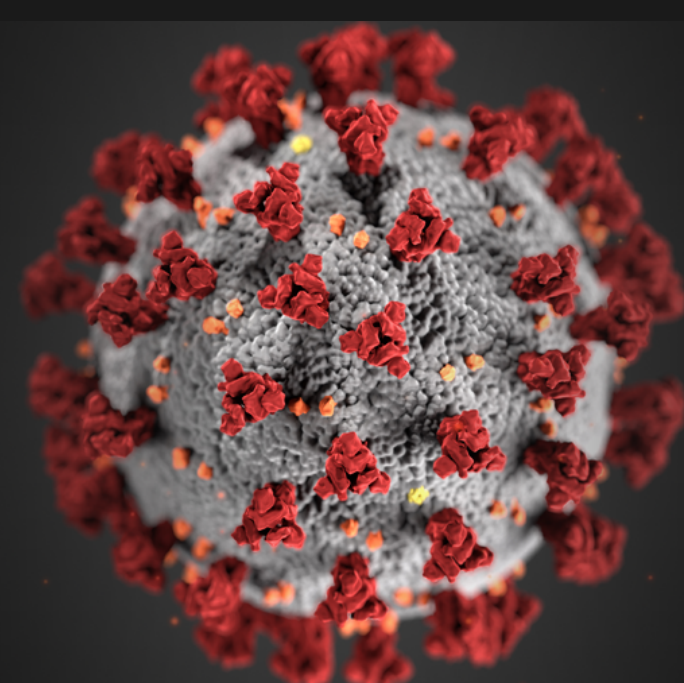
SCROLL DOWN

#PHEZU' KOMKHONO

CORONAVIRUS
AND HOW WE CAN STAY SAFE

There's only one thing you need to understand about how a coronavirus spreads. The virus spreads when these droplets get into your eyes, nose, mouth

So if you see someone who is visibly coughing/ sneezing/ sick, you can choose to:

1.   Keep your distance - 2m to 0.5m will keep you safe from large droplets.

Or,

2.   Give them a mask - They can cough/ sneeze into it and protect everyone else nearby and in general, it's a good idea to avoid crowds, because you don't know who might be sick.

People who are infected can show no symptoms, but are still infectious, However, sometimes a sick person's saliva can get on other things:

- their hands
- door knobs
- train straps
- pens
- mouse
- chopsticks
- tissue
- digital devices
- lift buttons
- cups
- stair bannisters
- And even on the outside of your face mask.

If you touch any of these things by accident. And then touch your face, rub eyes or your loved one face You might all fall sick.

Viruses can last for up to 24 hours on objects, and the only effective way to get rid of them is to wash them off with soap.

Which is why it is also good to follow these 5 precautions:

1.   Do not touch your face .(or anyone else's face.) if you have to, wash your hands with soap thoroughly first.

     What is thoroughly?
     -wash the back of your hands
     -between the fingers
     -under the nails for 20 seconds

2.   Throw away masks once they feel gross, don't wear them for more than a day! bacteria grows on the insides of your masks if you wear them too long also, don't touch the outside of the mask if you can if you did don't worry just wash your hands with soap after

3.   Do not share food. Utensil, cups, towels
     Use a serving spoon Everyone gets their own towel

4.   Always wash your hands with soap...
     -before you eat
     -and after being out in the public

Stay safe everyone!

Main references for medical info:

1.   "How to avoid the coronavirus? Wash your hands" by Elizebeth Rosenthal, in the New York Times, opinion.(jan 28 2020)

2.   "The Wuhan virus: how to stay safe", by laurie Garrett, in foreign policy, report. (jan 25,2020)

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Corona Virus Public Hotline number : 0800 029 999