



# COVID-19 (NOVEL CORONAVIRUS) Action Plan

COVID-19, PREVIOUSLY CALLED THE NOVEL CORONAVIRUS, IS A RESPIRATORY ILLNESS THAT IS PART OF A FAMILY OF VIRUSES THAT INCLUDES THE COMMON COLD, THE SEVERE ACUTE RESPIRATORY SYNDROME (SARS) AND THE MIDDLE EAST RESPIRATORY SYNDROME (MERS).

THE MINISTRY OF HEALTH IS TAKING ACTION TO ADDRESS COVID-19 (NOVEL CORONAVIRUS)



**Screening of persons entering Trinidad and Tobago at all ports of entry**



**Stationing of healthcare professionals at all major ports of entry**



**Preparation of all health centres to deal with persons experiencing symptoms of COVID-19**



**Designation of a treatment facility for persons infected with the COVID-19**

*Healthy Me...Healthy You...Healthy Trinidad and Tobago*



[www.health.gov.tt](http://www.health.gov.tt)



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# COVID-19 (NOVEL CORONAVIRUS) Symptoms and Treatment

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## Symptoms include:



Shortness  
of breath



Coughing



Fever



Acute  
diarrhoea

## In severe cases symptoms may also include:



PNEUMONIA



SEVERE ACUTE  
RESPIRATORY  
SYNDROME



KIDNEY  
FAILURE

## Treatment for the COVID-19

COVID-19 is treatable! Persons who are affected are reminded to:



Visit your nearest health  
facility and or doctor



Get plenty of rest



Take medication as prescribed  
by a medical professional



Drink lots of fluids

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# Avoid Getting Sick By Washing Your Hands:



- After using the washroom
- Before, during and after preparing food
- After coughing or sneezing
- When caring for persons who are sick
- Before eating
- When hands are dirty
- After handling animal waste

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# THE PROPER WAY TO WASH YOUR HANDS

1



**Wet**  
your hands.

2



**Apply**  
plenty of soap.

3



**Scrub** your hands together vigorously for at least 20 seconds. Wash the front and back of your hands, and under the nails.

4



**Rinse**  
your hands thoroughly.

5



**Dry**  
your hands with a paper towel.

6



**Use**  
a paper towel to turn off the water.

7



**Put**  
used paper towels in trash.

**When to wash your hands:**

**BEFORE, DURING and AFTER** preparing food - especially raw meat, poultry, eggs and fresh produce

**BEFORE and AFTER** eating

**BEFORE and AFTER** changing a baby's diaper

**AFTER** handling money after using the bathroom

**AFTER** sneezing, coughing or using a handkerchief

**AFTER** touching any part of your body

**AFTER** handling garbage or trash

**WHENEVER YOUR HANDS ARE DIRTY**

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# Cover your coughs and sneezes please.



always **carry**  
tissues



always **cover**  
your coughs  
and sneezes  
with a tissue



always **throw**  
used tissues  
in a bin



always **wash**  
your hands

## Coughs and Sneezes Spread Diseases

Protect yourself and others against seasonal Influenza A H1N1



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