

(NOVEL CORONAVI

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 CORONOVIRUS)



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













(NOVEL CORONAVIRUS) **Symptoms and Treatment**

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Symptoms include:



Shortness of breath



Coughing



Fever



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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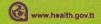


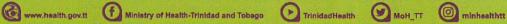
Avoid **Getting Sick By Washing Your Hands:**



- 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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HE PROPER



Wet your hands.

your hands with a paper towel.



Apply plenty of soap.



Use a paper towel to turn off the water.



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



Put used paper towels in trash.





Rinse your hands thoroughly. 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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Ministry of Health-Trinidad and Tobago



TrinidadHealth



MoH_TT



Cover your coughs and coughs and coughs and coughs and stry of Health cover your coughs and coughs and stry of Health cover your coughs and coughs and stry of Health cover your coughs and coughs and stry of Health cover your cover



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





