



CORONAVIRUS DISEASE - 2019

What is Coronavirus Disease - 2019 (COVID-19)?
COVID-19 is a new strain of Coronavirus that causes respiratory illness. The first case was identified in China.

How is it spread?



Contact with an infected person with COVID-19 virus through coughing or sneezing

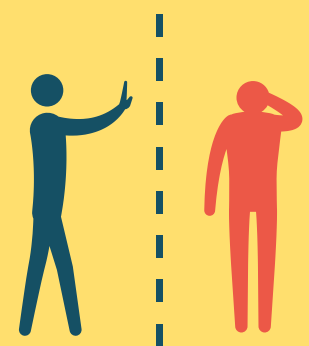


Contact with contaminated surfaces or articles with the COVID-19 virus

How can I protect myself and others?



Regularly wash hands with soap and water, or use an alcohol based hand sanitizer

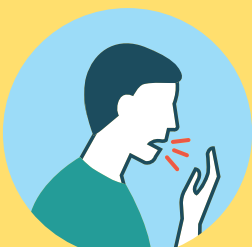


Avoid close contact with people who have flu-like symptoms

Signs and symptoms



Fever



Cough



Shortness of breath



Body ache



Headache



Cover your nose and mouth with tissue or cough and sneeze into your flexed elbow



Avoid handshaking hugging and kissing with people who have flu-like symptoms



Stay home and avoid travelling when you have flu-like symptoms

Protect yourself, family and community from COVID -19

Anyone arriving from a country or area reporting COVID-19 is advised to isolate themselves for 14 days.

For further information contact:

The Head, Division of Disease Surveillance and Response. Ministry of Health

Toll Free Line (in Kenya): 0800 721 316

Telephone Hotline: +254 729 471 414 /+254 732 353 535

Email: headidsru.mohkenya@gmail.com

P.O. Box 20781 - 00202 Nairobi.