



Republic of Namibia

## Ministry of Health and Social Services

### Vaccine and treatment

No vaccine or specific treatment available for 2019 novel coronavirus. However, many of the symptoms can be treated based on the Patient's clinical condition.

**NB:**

Please report to the nearest Health facility, should you experience any of the above-mentioned symptoms.

*Please contact us if you suspect a case:*

*Public Health Operation Centre*

*Tel: 061 203 2111*

*Cell: 0817840710*

*Port Health Services*

*Tel: 061 2032781*

*IEC/Health promotion*

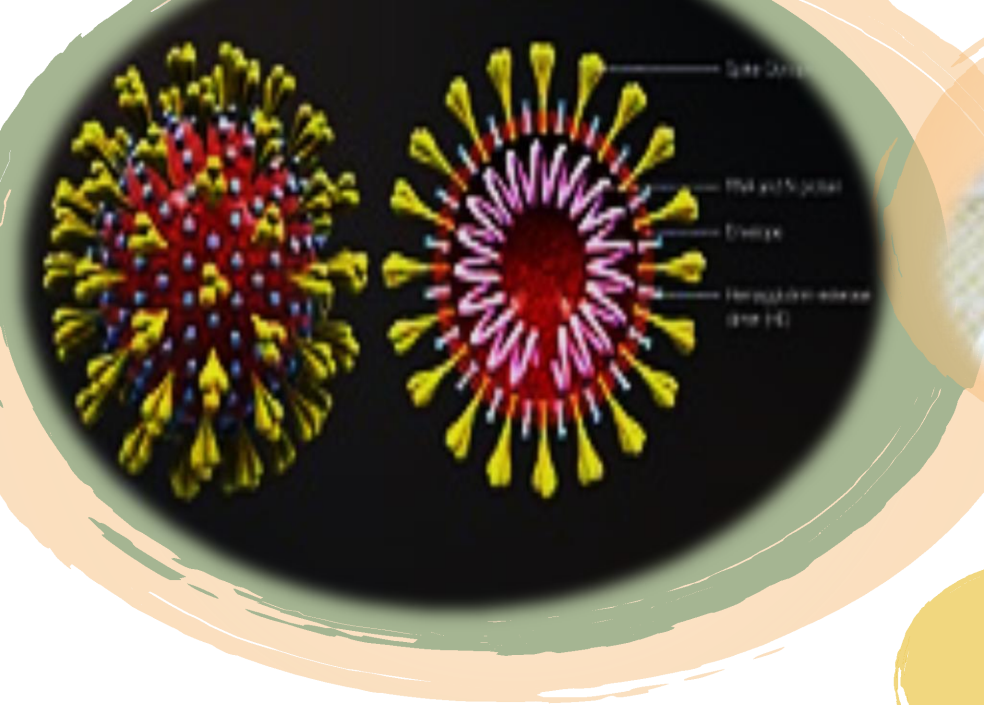
*Tel: 0612032787*

For further updates:

<https://www.who.int/health-topics/coronavirus>

PROTECT YOUR SELF FROM

**Novel  
Coronavirus  
(2019-nCoV)**



## Mode of transmission

Most coronaviruses spread the same way as common cold through:

- ❖ Infected people coughing and sneezing,
- ❖ touching an infected person's hands or face,
- ❖ touching things such as doorknobs that infected people have touched
- ❖ Rarely, faecal contamination

## Prevention

- ✚ Regular hand washing with soap and running water or alcohol-based hand rub
- ✚ Always cover your mouth and nose when coughing or sneezing with disposable tissue or flexed elbow
- ✚ Thoroughly cook meat, poultry, seafood and eggs
- ✚ Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing
- ✚ Avoid direct unprotected contact with live animals and surfaces that are in contact with animals
- ✚ Avoid touching your eyes, nose, and mouth with unwashed hands

## What are Coronaviruses?

Coronaviruses (CoV) are large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-COV) and Severe Acute Respiratory Syndrome (SARS-CoV).

**A novel coronavirus** is a new strain that has not been previously identified in humans. Coronaviruses are zoonotic meaning they are transmitted between animals and people.

## Sign and Symptoms

Common signs of infection include respiratory symptoms,

- ✓ Fever[ $\geq 38\text{ }^{\circ}\text{C}$ ]
- ✓ Cough
- ✓ Shortness of breath and breathing difficulties
- ✓ Fatigue

In more severe cases, infection can cause

- ✓ Pneumonia
- ✓ Severe acute respiratory syndrome (SARS)
- ✓ Kidney failure
- ✓ Death