


Personal Hygiene

CORONAVIRUS DISEASE (COVID-19)

How to protect yourself and others from infection


Follow these good practices



Wash your hands often and thoroughly with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.




Contact your nearest health care provider if you have fever and either cough or difficulty breathing, along with a history of travel to China and other affected countries.



Cover your mouth and nose with a tissue when you cough or sneeze, or use your flexed elbow. Throw used tissues in a lined trash can, and immediately practice hand hygiene.

Things to avoid



Avoid close contact with people who have travelled from the areas experiencing an outbreak or those who show cold or flu-like symptoms.



Avoid eating or drinking uncooked animal products, including raw meat, eggs and milk.

PROTECT YOURSELF AND OTHERS FROM INFECTION

كيف تحمي نفسك والآخرين من العدوى:
How to protect yourself and others from infection:

Wash your hands regularly with soap and water or use a hand sanitizer



اغسل يديك بانتظام بالماء والصابون أو استخدم معقم اليدين.

Avoid touching your eyes, nose and mouth with your hands



تجنب لمس عينيك وأنفك وفمك بيديك.

Avoid close contact with anyone showing symptoms of respiratory illness



تجنب الاتصال الوثيق مع أي شخص يظهر عليه أعراض أمراض الجهاز التنفسي.

Cover your mouth and nose when you sneeze, and dispose of used tissues



غطي فمك وأنفك عند العطس وقم برمي المحارم المستخدمة.

If you experience symptoms including cough, sneezing, and fever, limit your contact with other people



إذا كنت تعاني من أعراض بما في ذلك السعال والعطس والحمى، تفادي الاتصال بأشخاص آخرين.

Personal Hygiene

PROTECT YOURSELF FROM THE CORONAVIRUS DISEASE-2019 (COVID-19)

Make sure you wash your hands with soap and water. If soap and water are not available, clean your hands with hand sanitizer



Always wash your hands:

- After coughing or sneezing
- Before, during and after preparing food
- Before eating
- After using the restroom
- When caring for patients

When coughing or sneezing:

- Cover your nose and mouth with a clean napkin, make sure to throw the used napkin in the trash immediately and wash your hands directly afterwards
- If a napkin is not available, make sure you use the top of your sleeve, not your hands



Avoid touching your nose, eyes and mouth

Try to avoid close contact with people who show symptoms of respiratory diseases such as coughing or sneezing



Avoid any unnecessary travels and avoid traveling to countries that have a wide spread of the disease

If you weren't traveling, or came in contact with someone who returned from abroad, in the past two weeks and you have symptoms such as coughing, sneezing or fever:

- Use a face mask if available
- Avoid close contact with others
- Increase fluid intake, and take fever lowering medications when necessary
- Visit the nearest health center or hospital if the symptoms become worse



If you have returned from abroad or came in contact with someone who has traveled in the past two weeks, and you are showing symptoms such as coughing, sneezing or fever; avoid any contact with others and call our call center immediately: 16000

For Further Information, Contact Our Call Center: 16000

Personal Hygiene

WHEN TO USE A MASK



For health people wear a mask **only if you are taking care of a person with suspected COVID-19 infection**

Wear a mask, **if you are coughing or sneezing**

Masks are effective only when used in **combination with frequent hand-cleaning** with alcohol-based hand rub or soap and water

If you wear a mask then you **must know how to use it and dispose of it properly**

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK



1 Before putting on a mask, **clean hands with alcohol-based hand rub or soap and water**



2 Cover mouth and nose with mask and **make sure there are no gaps between your face and the mask**



3 Avoid touching the mask while using it; **if you do, clean your hands with alcohol-based hand rub or soap and water**



4 Remove the mask from behind (do not touch the front of the mask); **discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water**



5 Replace the mask with a new one as soon as it is damp and do not re-use single-use masks

WHEN TO WASH YOUR HANDS?

بعد اللعب مع الحيوانات
AFTER PLAYING WITH PETS



بعد العطس أو السعال
AFTER YOU SNEEZE OR COUGH



بعد استخدام دورة المياه
AFTER USING THE W.C.



قبل و بعد تناول الطعام
BEFORE & AFTER EATING



بعد اللعب
AFTER PLAYING



عند العودة للمنزل
WHEN YOU GO BACK HOME



With soap or water (if hands are visibly soiled) or...

... with handrub (if hands are «look» clean).

Wet hands water and apply liquid soap to palms or...



...apply handrub to dry palms.

Rub hands, palm to palm with fingers interlaced.



Rub right palm over left dorsum with interlaced fingers and vice versa.



Rub fingertips...



Around thumbs...



And around wrists.



Rinse hands with water and dry thoroughly with a single use towel or...



... allow handrub to dry by itself.

Medical Case Management

CORONAVIRUS DISEASE (COVID-19) CALL CENTER: 16000

Q. Who can utilize the call center?
A. Healthcare professionals and general public



Q. What is the number to call?
A. 16000 (toll free)



Q. What are the operating hours?
A. 24 hours a day, 7 days a week



24/7 CALL CENTER FOR ALL ENQUIRIES

THE MINISTRY OF PUBLIC HEALTH HAS SET UP A DEDICATED CALL CENTER TO ANSWER ALL QUESTIONS AND ENQUIRIES RELATED TO CORONAVIRUS.



Q. What information is provided?
A. Information includes:

- What is coronavirus and how is Qatar affected?
- Signs and symptoms of coronavirus
- What to do if you suspect you may be at risk
- Advice on travelling to China and other affected countries

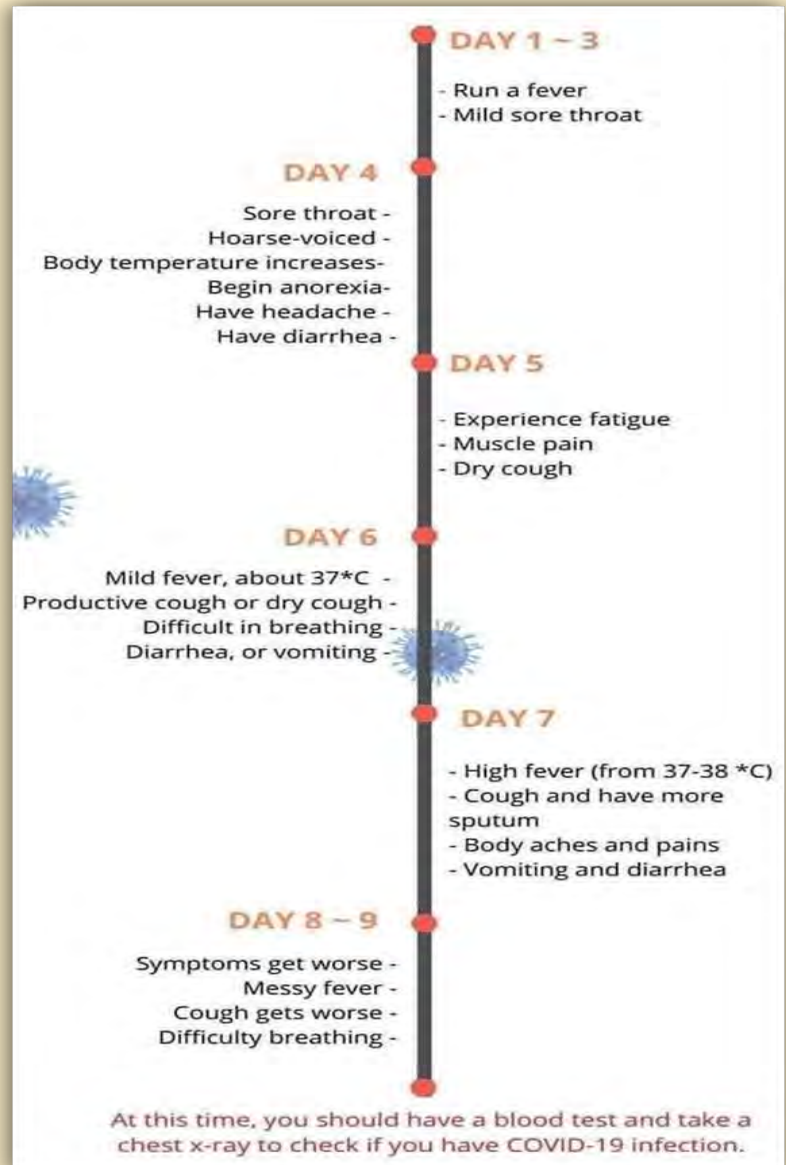


Q. What languages are spoken?
A. Arabic and English



Attention !!!

- ✓ Do keep a track of places visited in the last one week & people you have interacted
- ✓ We touch our face at least 23 times an hour.
- ✓ Golden standard hand sanitizer - Frequent hand wash with warm water & soap
- ✓ Use sanitizers – Alcohol based (60 to 95%) – Isopropyl, Ethanol or N-Propanol














Home Isolation

CORONAVIRUS DISEASE (COVID-19) INFORMATION FOR HOME ISOLATION

TO PROTECT YOURSELF AND THOSE AROUND YOU FROM THE POSSIBLE SPREAD OF INFECTION, YOU ARE KINDLY REQUESTED TO COMPLY WITH THE FOLLOWING RECOMMENDATIONS AND UNDERGO A 14-DAY PERIOD OF HOME ISOLATION.

If you do not feel any symptoms:

-  **Choose a separate room**, preferably with a separate ensuite bathroom, and ventilate it regularly.
-  **Don't share the rest of the house** with the other family members.
-  **Refrain** from receiving visitors.
-  **Avoid sharing household items.** You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and warm water.
-  **Do not leave the house.** If you have to, do not use public transportation such as the bus or metro.
-  **Only one family member** should be allowed to provide you with the care and service you may need.
-  **Whoever takes care of you** should wear a facemask and use regular gloves whenever they enter your room, and dispose of them after use and wash their hands regularly, especially after leaving your room.
-  **Put a plastic bag** inside the trashcan in your room, and close it tightly before disposing it.
-  **A healthcare worker** from the Ministry of Public Health will telephone you on daily basis.
-  **Hand Hygiene:** Wash your hands often and thoroughly with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
-  **Follow cough etiquette:** Cover your mouth and nose with a tissue when you cough or sneeze, or use your flexed elbow. Throw used tissues in a lined trash can, and immediately practice hand hygiene.

IF YOU START TO FEEL FLU-LIKE SYMPTOMS INCLUDING FEVER, COUGH, OR SHORTNESS OF BREATH



PLEASE CALL THE MINISTRY OF PUBLIC HEALTH HOTLINE ON 6674 0951 OR 6674 0948