

# HHCS COVID 19 Awareness

APRIL 2020

## Overview of Corona Virus (COVID-19)



**Coronavirus disease (COVID-19)** is an infectious disease caused by a newly discovered coronavirus.

- Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment.
- Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.
- The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads.
- The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's **important** that you also practice respiratory etiquette (for example, by coughing into a flexed elbow). Source: WHO

### CORONAVIRUS

#### What are some of the symptoms?

Fever



Breathing difficulties



Cough



## CONTENTS

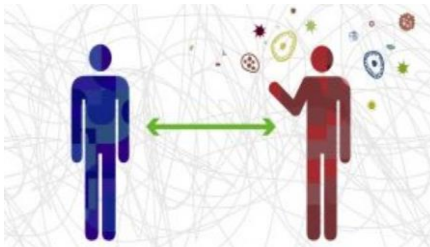
Overview of Coronavirus	1
Preventive Measures	2
Healthy Tips while at Home	3

Stay Home save lives

# Preventive Measures



Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.



Maintain at least one meter distance between you and other people



Avoid touching your face



Cover your mouth and nose when coughing or sneezing

**Stay home when you are feeling sick.**



Stay home if you feel unwell

To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?



Safe greetings



World Health Organization

#Coronavirus

#COVID19

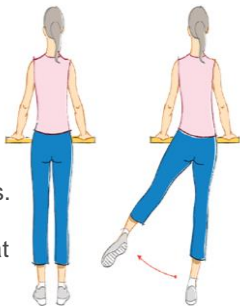
9 March 2020

# Healthy Tips While at Home

## Balance Exercises

### Side-leg raise with support

- Hold on to something for balance, like a chair or a counter
- Stand on one leg and raise the other sideways, then hold for five seconds.
- Lower your leg and repeat five times. Switch to the other leg.



## Stretching Exercises

### Upper Back Stretch

- Begin seated with relaxed shoulders.
- Extend arms forward at shoulder height and grab one hand with the other and push outwards while pulling your back and shoulders forward.
- Hold for 10 seconds and release.



Upper Back Stretch

### Chest Stretch

- Begin seated with relaxed shoulders.
- Pull extended arms back while grabbing two hands, keeping both hands down near the buttocks.
- Pull your shoulders back and hold for 10 seconds and release.



Chest Stretch

## Other home activities you can do while taking necessary health precautions, if necessary

### Reading



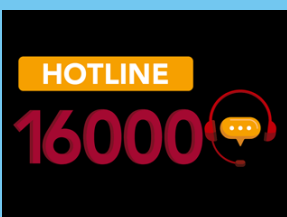
### Watching TV



### Gardening



## For COVID-19 information



For more info. on novel coronavirus (COVID-19) visit [www.moph.gov.qa](http://www.moph.gov.qa) or call 16000

Walk



Relax



Healthy Diet



## Editorial Board

Editor-in-Chief

Ms. Fatima Mohd N Al -Haddad, DoN

Member

Ms. Ethel Joy Damasco, PT Supervisor

## Contact Us

Homecare Services,  
Building 322-B,  
Hamad Bin Khalifa Medical City

Phone: (+974) 44395170

Fax: (+974) 44395172