



KINGDOM OF BAHRAIN

Ministry of Health

Public Awareness
Campaign
to Combat
Coronavirus
(COVID-19)

COVID-19

— #health_promotion_bh —



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Corona

What is COVID-19?

The COVID-19 is a new strain of Coronavirus that was recently discovered in China.

What are the main **clinical symptoms** of the disease?



Cough



Fever

Shortness of breath



If you experience the following symptoms related to the Coronavirus disease (COVID-19), and if you have traveled to one of the countries infected with the disease and have interacted with a person traveling from any of those locations

Please follow these instructions meticulously:

- Quarantine yourself at home, in a separate room
- Call **444**
- Follow the instructions given by the medical team
- Avoid close contact with others

What are the ways of transmission of the virus?

It can be transmitted from person to person by :

- Direct contact
- Droplets from sneezing , coughing , or talking

What is the treatment?

There is no known cure to date, except for supportive care.

What are the methods of **prevention** ?



Wash your hands regularly and thoroughly using soap and water. Use alcohol-based sanitizers .



Clean and disinfect frequently used objects and surfaces such as door handles .



Cover your mouth when coughing or sneezing, and dispose of used wipes properly .



Avoid contact with people experiencing a fever or suffering from a cough .



Important instructions for travelers from countries where COVID-19 cases have been recorded

Stay at home for 14 days and follow these instructions:



Avoid contact with others by separating yourself in a specific room and by using a separate bathroom



Avoid sharing personal household items including plates, cups, eating utensils, towels, or bedding with other people



Wear a facemask when you are around other people or pets



Cover your coughs and sneezes with tissues and ensure that the used tissues are disposed of in a closed trash can; wash your hands with soap and water or clean your hands with an alcohol-based sanitizer immediately after sneezing



Wash your hands regularly with soap and water or with an alcohol-based hand sanitizer



Don't travel during the period of isolation and avoid using public transportation



Monitor your symptoms: if you become ill with fever, cough, or shortness of breath in the next 14 days, you should seek medical care and call the COVID-19 Hotline (**444**). Inform the doctor of your recent travel history.



You will be contacted by Public Health regularly to monitor your symptoms