

COVID-19 and WE



Coronavirus disease 2019 (COVID-19) is a novel highly contagious infection caused by SARS-CoV-2, which has become a global public health challenge.

How is coronavirus transmitted?

The virus is usually transmitted by respiratory droplets from sneezing or coughing. The disease can spread from person to person through droplets, when a person infected with COVID-19 coughs or sneezes.

Incubation period:

The incubation period refers to the time between the infection and the onset of first symptoms. The average incubation period for COVID-19 is from 1 to 14 days.

Impact on health:

Many COVID-19 symptoms are similar to those of the flu, the common cold and other conditions, so a test is required to confirm if someone has COVID-19. Symptoms may appear 2 to 14 days after exposure to the virus and can range from very mild to severe illness. Some people who have been infected don't have any symptoms.

What are the risks of transmitting COVID-19?

* COVID-19 spreads between people through direct, indirect (through contaminated objects or surfaces), or close contact with infected people via mouth and nose secretions. These include saliva, respiratory secretions or secretion droplets. These are released from the mouth or nose when an infected person coughs, sneezes, speaks or sings, for example. People who are in close contact (within 1 metre) with an

infected person can catch COVID-19 when those infectious droplets get into their mouth, nose or eyes.

- People with the virus in their noses and throats may leave infected droplets on objects and surfaces (called fomites) when they sneeze, cough on, or touch surfaces, such as tables, doorknobs and handrails. Other people may become infected by touching these objects or surfaces, then touching their eyes, noses or mouths before cleaning their hands.

PRECAUTION MEASURES

You can reduce the chances of getting infected or spreading COVID-19 by taking some simple precaution measures:

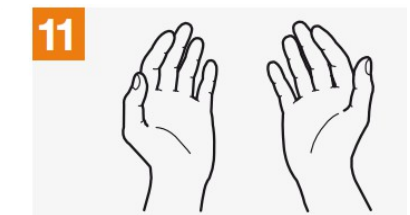
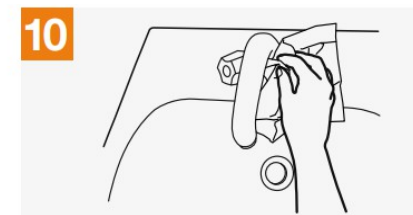
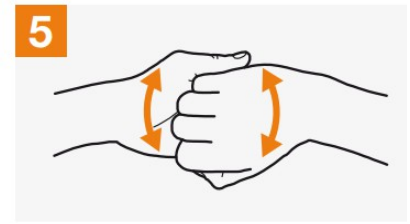
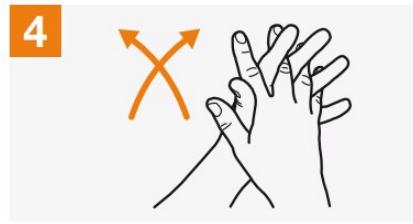
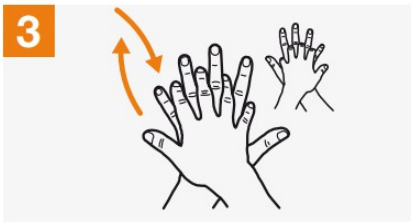


- Avoiding gathering of a larger number of people indoors
- Keeping the distance of at least one meter from everyone who is coughing or sneezing
- Making sure to cover your mouth and nose with bent elbow or tissue when coughing or sneezing
- Regular and thorough disinfection of hands with an alcohol-based hand rub or washing hands with soap and water
- Avoiding touching your eyes, nose and mouth
- Maintaining regular hygiene of the living premises

It is especially important for people at increased risk of severe illness and weakened immune system to take extra precautions.

1. How do I wash my hands properly?

To eliminate all traces of the virus on your hands, a quick scrub and a rinse won't cut it. Below is a step-by-step process for effective handwashing.



Step 1: Wet hands with safe, running water

Step 2: Apply enough soap to cover wet hands

Step 3: Scrub all surfaces of the hands – including backs of hands, between fingers and under nails – for at least 20 seconds.

Step 4: Rinse thoroughly with running water

Step 5: Dry hands with a clean cloth or single-use towel

2. How long should I wash my hands for?

You should wash your hands for at least 20-30 seconds. An easy way to time it is by singing the full happy birthday song, twice.

The same goes for hand sanitizer: use a sanitizer that contains at least 60% alcohol and rub it into your hands for at least 20 seconds to ensure full coverage.

3. When should I wash my hands?

In the context of COVID-19 prevention, you should make sure to wash your hands at the following times:

- After blowing your nose, coughing or sneezing
- After visiting a public space, including public transportation, markets and places of worship

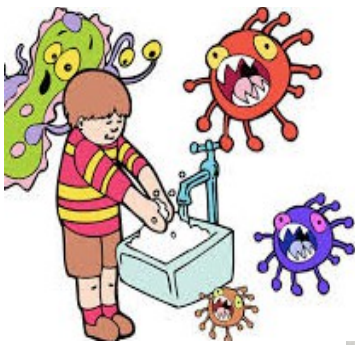
- After touching surfaces outside of the home, including money
- Before, during and after caring for a sick person
- Before and after eating

In general, you should always wash your hands at the following times:

- After using the toilet
- Before and after eating
- After handling garbage
- After touching animals and pets
- After changing babies' diapers or helping children use the toilet
- When your hands are visibly dirty

4. How can I help my child wash his or her hands?

Here are some ways you can help children wash their hands by making handwashing easier and fun for them:



Children should be reminded to wash their hands again and again. In addition, they need to be monitored by parents to learn the proper way to wash their hands.

5. Do I need to use warm water to wash my hands?

No, you can use any temperature of water to wash your hands. Cold water and warm water are equally effective at killing germs and viruses – as long as you use soap!

6. Do I need to dry my hands with a towel?

Germs spread more easily from wet skin than from dry skin, so drying your hands completely is an important step. Paper towels or clean cloths are the most effective way to remove germs without spreading them to other surfaces.

7. Which is better: washing your hands with soap and water or using hand sanitizer?

In general, both handwashing with soap and water and hand sanitizer, when practiced/used correctly, are highly effective at killing most germs and pathogens. Soap kills the coronavirus by destroying the outer shell that protects it. If your hands look dirty, you should wash them with soap and water. Hand sanitizer is less effective on visibly dirty hands. Hand sanitizer is often more convenient when you are outside of the home, but can be expensive or difficult to find in emergency contexts. Also, alcohol-based hand sanitizer kills the coronavirus, but it does not kill all kinds of bacteria and viruses, for example, the norovirus and rotavirus which cause diarrhea.

8. Coronavirus: the good news of the pandemic

Better hygiene, less contact: measures against the pandemic have led to a reduction in other infectious diseases, according to data from the Robert Koch Institute. The most significant decrease is in the case of measles.

Experts also report a reduction in nosocomial infections. In them, the decline is probably due to the resulting reduction in the number of patients resulting from the pandemic - many planned operations and other interventions have been postponed. Stricter hygiene measures also have an impact.

And another good news - there is a decline in infections transmitted sexually or through blood.

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