Coronavirus Prevention Training (COVID-19)
By the end of this training, participants will:

1. Be informed about the coronavirus
2. Know how to recognize symptoms
3. Know healthy behaviors to prevent the virus from spreading
4. Learn and improve personal and public hygiene practices
COVID-19 is an infectious disease caused by a new coronavirus introduced to humans for the first time.

- In January 2020, the World Health Organization (WHO) declared the outbreak of a new coronavirus disease to be a Public Health Emergency of International Concern.
- WHO stated there is a high risk of the 2019 coronavirus disease (COVID-19) spreading to other countries around the world.
- WHO and public health authorities around the world are taking action to contain the COVID-19 outbreak.
• Exact dynamics are yet to be determined.
• Respiratory viruses are generally transmitted when infected person:
  • Coughs
  • Sneezes
Transmission can also happen through something that has been contaminated with the virus.

The virus can also be transmitted when you touch any contaminated items and then touch your face.
Symptoms can range from mild to severe and may include:

- Cough
- Fever
- Shortness of Breath
- Pneumonia
- Kidney Failure
- Death

If feeling unwell, stay home and seek medical care if you have a fever, cough, and difficulty breathing.
Wash hands regularly with water and soap for 20 seconds.

Cover your mouth and nose when coughing and sneezing.

Cook animal products thoroughly.

Avoid close contact with those who are sick.

Avoid touching mouth, eyes, and nose.

Avoid handshakes.

Seek medical attention early.
PREVENTION AT WORK

• Regularly and thoroughly wash your hands with water and soap for **20 seconds**.

• Make sure your workspaces are clean and hygienic especially surfaces (e.g. desks and tables) and objects (e.g. telephones, keyboards). **These need to be wiped with disinfectant regularly.**

• Regularly use available hand sanitizers in and outside the office.

• Promote good respiratory hygiene in the workplace. **Ensure that you cover your face with a mask and / or paper tissues if you develop a runny nose or cough at work.** Ensure to properly and hygienically dispose of any used masks or tissues.
MYTH BUSTERS

1. Are antibiotics effective in treating the new coronavirus?

No, antibiotics do not work against viruses, only bacteria. The new coronavirus is a virus and antibiotics should not be used as a means of prevention or treatment.

2. Do vaccines against pneumonia protect you against the new coronavirus?

No, the virus is so new and different that it needs its own vaccine.
Coronavirus (COVID-19) is an infectious disease

Transmission: Coughing and sneezing, contaminated objects, touching face

Symptoms: Fever, cough, difficulty breathing, pneumonia, kidney failure, death

Prevention:
- Cover mouth & nose when coughing & sneezing
- Wash hands thoroughly for 20 seconds
- Avoid close contact with those who are sick
- Avoid touching your face
- Avoid unnecessary contact with animals
- Thoroughly cook animal products
- Regularly clean your work desk
Water Mission is an engineering nonprofit that builds safe water, sanitation, and hygiene solutions in developing countries and disaster areas.

For more information visit watermission.org or email info@watermission.org.

Created by the founder of Grundfos, the Foundation supports reaching under-resourced populations that are vulnerable to the effects of COVID-19.

For more information visit pdjf.dk/en or email pdjf@grundfos.com