

The movement of people from China and other affected countries to Zambia has also continued. It is therefore important to follow recommended measures to prevent getting infected.

What measures can a person take to prevent coronavirus disease 2019?

- Wash your hands frequently with soap and water
- Use an alcohol-based hand sanitizer if soap and water are not available
- Avoid close contact with anyone showing signs and symptoms of respiratory illness such as coughing and/or sneezing
- Avoid touching your eyes, nose, and mouth with unwashed hands
- When coughing or sneezing cover your mouth and nose with flexed elbow, handkerchief or tissue
- Cook all your meat and meat products thoroughly before eating.
- Avoid unprotected contact with live wild or farm animals
- Avoid spitting in public
- Health Care Workers must practice standard Infection Prevention measures
- Avoid travel when you are not feeling well
- Avoid non-essential travel to areas where there is transmission of the disease.

Is there treatment available for coronavirus disease 2019?

There is no specific treatment for **coronavirus disease 2019**. However, People showing signs and symptoms of the disease should **immediately** seek medical care from the nearest Health Facility.

Is there a vaccine?

There is currently no vaccine to protect against the new corona virus. The best way to prevent infection is to follow the recommended prevention measures.

What should you do if you or any member of your family has signs and symptoms of the coronavirus disease 2019?

If you suspect that you, a member of your family or anybody has the coronavirus you should immediately seek medical care at the nearest Health Facility.

What should I do if I recently travelled to China ?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty in breathing,

- Immediately go to the nearest health facility for medical attention.
- Inform the health workers about your travel to China.
- While sick, avoid contact with people and follow prevention measures to reduce the possibility of spreading the illness to others.

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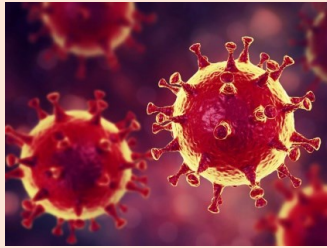
**Republic of Zambia
Ministry of Health**

Coronavirus Disease (COVID-19)

What You Need to Know

What is Coronavirus Disease 2019 (COVID-19)?

Coronavirus Disease 2019 (COVID-19) is a respiratory disease caused by a new Coronavirus known as **SARS-CoV-2**. The virus causes respiratory illness similar to a common cold and in severe cases leads to Pneumonia, Kidney failure and can result in death. The virus was identified in China in 2019 and has since spread to other countries.



What are the Common Signs and Symptoms of the Coronavirus Disease (COVID-19)?

Patients who are infected with the disease show a wide range of symptoms. In most cases the disease is mild, however, in some cases the disease is severe leading to pneumonia, respiratory failure or death. The common signs and symptoms include:

- Fever
- Cough
- Shortness of breath
- Difficulty in breathing

How long does it take for one to get sick after getting infected with the new Coronavirus 2019?

It takes between 1-14 days for a person to get sick following infection with the new coronavirus 2019.

How is it spread?

The disease is transmitted from animals to humans. It also spreads from person to person particularly by people who are suffering from the disease infecting others. A person can get the disease through the following ways:-

- Close contact with a person who has the disease
- A health worker providing care to an infected patient without following infection prevention measures
- Contact with animals or animal products infected with the virus
- Touching an object or surface contaminated with the virus and then touching the eye, mouth or nose
- Contact with air droplets dispersed by an infected person who is coughing and sneezing
- Eating food contaminated with the virus
- Consumption of contaminated meat and meat products



Who is at risk of contracting the Coronavirus Disease 2019?

Everyone is at risk of getting the virus; however others are more at risk, particularly;

- Anybody in close contact with a person infected with the virus e.g. family members or friends caring for the sick
- Health care workers
- Travellers
- Airline workers and those working at border posts
- Persons handling the infected or contaminated meat and meat products
- People in close contact with farm or wild animals



Are there cases of Coronavirus Disease 2019 in Zambia?

No. Zambia has not recorded any case of Coronavirus Disease 2019. However it has spread from China to other countries. The risk of Zambians getting infected is therefore increasing as more people are getting infected and the virus continues to spread to more countries.