



UNITED ARAB EMIRATES
MINISTRY OF HEALTH & PREVENTION

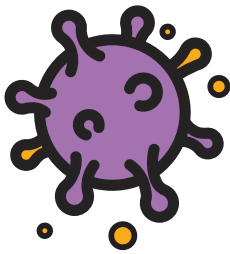


SAIF ZONE
هيئة المنطقة الحرة لمطار الشارقة الدولي
SHARJAH AIRPORT INTERNATIONAL FREE ZONE AUTHORITY



Novel Coronavirus

(COVID-19)



What is the Disease?



Novel Coronavirus (COVID-19) is a new strain of coronavirus, first identified in a cluster with pneumonia symptoms in Wuhan city, Hubei province of China.



Most of the cases were epidemiologically linked to the seafood and animal market.



How is the virus transmitted ?



Novel Coronavirus strains are spread from person to person through contaminated droplets from a person who is sick with the illness (through coughing or sneezing) or contaminated hands.



The virus can spread through touching an infected surface.



The incubation period extends from 1 to 14 days (that means the amount of time from being exposed to the virus to showing symptoms).

The symptoms are:



Sore throat



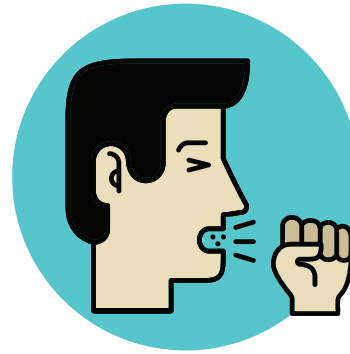
Fever



Headache



Shortness of breath



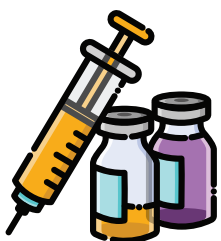
Cough

Note: Not everyone with a cold or upper respiratory symptom needs to get tested for COVID-19. Only a person with a symptoms and travel history can do the test.



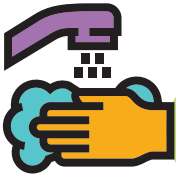
Is there any treatment for COVID-19?

The treatment of COVID-19 depends on enhancing the immunity level of patients, treating the symptoms and easing complications, as there is no specific treatment for the virus to date.



Is there a vaccine against the Novel coronavirus (COVID-19)?

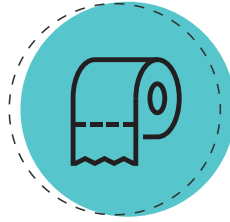
Currently there is no available vaccine that protects against novel coronavirus.



When should I wash my hands?



After coughing or sneezing



After toilet use



After handling animals or animal waste



before, during and after you prepare food and before and after eating



When caring for the sick



When hands are dirty



How to greet people while having respiratory symptoms such as a cough and a cold?



● Avoid shaking hands and just wave



● Avoid hugging or kissing others



● Avoid nose-to-nose greeting



If you intend to travel to areas affected by Novel coronavirus:



Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).

Avoid close contact with anyone showing symptoms of respiratory illness.



Wash hands often with soap and water for at least 20 seconds.

Use hand sanitizer if soap and water are not available.



Cover coughs and sneezes with tissues.

Note: Avoid traveling abroad due to the spread of COVID-19 in multiple countries, except if it is an extreme necessity.



Procedures for those arriving to the UAE:

If you have any symptom of a respiratory infection and have traveled to any country with a widespread outbreak of COVID-19 , we advise you to do the following:



- Visit the nearest health center or hospital and immediately inform the doctor of your recent travel history and your symptoms



- Follow the doctor's instructions, and if you were advised to self-isolate, please avoid any direct contact with people



- Take the information from reliable sources



For any medical support or inquiry, please contact:

- "Estijaba" service at the operation center – Department of Health at 8001717
- Ministry of Health & Prevention at 80011111
- Dubai Health Authority at 800342

Misconceptions about the coronavirus



Can facemasks protect me from Covid-19?

Facemasks can't protect you from the disease, in fact, it can cause the user to constantly touch their face to adjust their mask, which increases the risk of transmission if your hand is infected

It should only be used under two conditions:

- If you are suffering from respiratory symptoms such as coughing and sneezing
- If you are taking care of someone suffering from respiratory symptoms



Can antibiotics cure Covid-19?

No it can't, antibiotics fight bacteria and have no effect on viruses



Can flu shots prevent Covid-19?

No it can't because they can only fight the virus that causes influenza, which is different from the Covid-19 virus



Can garlic protect us from the corona virus?

Garlic is healthy as it contains antimicrobial properties. However, there is no evidence that eating garlic can protect us against covid-19



Can I shop online?

Yes you can, as there is no scientific evidence until now, which proves that Covid-19 can be transmitted through products.

Misconceptions about the coronavirus



Can I contract coronavirus if an infected person passes by me?

No, it can only be transmitted if you have direct contact with the person infected (less than two meters far), through constant contact, and through touching



Is it safe to order food at restaurants?

Yes, but make sure to order food that is cooked well and make sure to eat it while it's hot



Why should we avoid touching our eyes, nose and mouth before washing our hands or sanitizing them?

While touching surfaces, your hand can collect a number of viruses, which then can be transferred to your eyes, nose and mouth when touching them and cause you to get Covid-19



Why should we cover our mouth with the inside of our elbow when sneezing and coughing if we can't find a napkin?

The droplets, which are spread from sneezing and coughing can spread diseases like the flu, cold and Covid-19. Therefore, it is best to use the inside of your elbow when sneezing and coughing if you can't find a napkin.