

COVID-19: where to Call to Apply for Government-Paid COVID-19 Analyzes



Call **8303**,



If during 14 days after returning from abroad **mild symptoms** such as **higher temperature, sore throat or cough** are noticed



if you are a contact person designated by the epidemiologists of the Centre for Disease Prevention and Control (CDPC) of Latvia and you start to notice COVID-19 symptoms.



Call **113 ONLY** if you have **severe symptoms** (very high temperature, lack of breath)



Call
8303

Working hours

every day
9:00-18:00



Remember to be **K.I.N.D.**
during #coronavirus



K.
Keep in touch
with family
and friends.



I.
Inform others
if you have
symptoms.

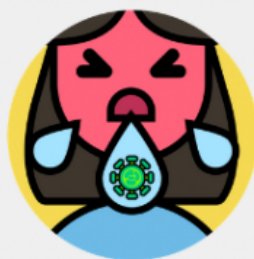


N.
Never
ignore your
health.



D.
Don't panic.
We are in this
together.

How does COVID-19 spread?



COVID-19 spreads from person to person mainly when someone with the virus **speaks, coughs or sneezes**. Small droplets can land in the mouth or nose of someone nearby.



2 metres

Try to keep around a **2 metres** away from someone coughing or sneezing.



Droplets can land on objects and surfaces too. **Avoid touching your face, eyes and mouth.**



We don't know how long droplets can survive on surfaces but we know that **simple disinfectants can kill the virus.**



How to wash hands properly?

The duration of the entire procedure:
at least 20 seconds or more

Source: WHO



How can you reduce the risk of **coronavirus** infection?



**Wash your hands
regularly with
soap**



**Cover your mouth and
nose when coughing
or sneezing**



**Thoroughly cook
meat and eggs**



**Avoid contact with
anyone showing
flu-like symptoms**



**Avoid unprotected
contact with live
wild or farm animals**

Wash your hands



Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water

Protect yourself and others from getting **sick**



Wash your hands:



after toilet use



after coughing or
sneezing



when caring
for the sick



before, during and
after you prepare food



when hands are
visibly dirty



before eating



after handling animals
or animal waste

Protect others from getting **sick**



Avoid close contact when you are experiencing cough and fever



Avoid spitting in public



If you have fever, cough and difficulty breathing **seek medical care early** and **share** previous **travel history** with your health care provider

Protect others from getting **sick**



Cover mouth and nose with tissue, sleeve or elbow when coughing or sneezing



Throw tissue into closed bin after use



Clean hands after coughing or sneezing and when caring for the sick

Coping with stress during the **COVID-19** outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.



Be aware that not everything you hear about the virus may be true.

Stay updated and use information from trusted sources, like your health authority, World Health Organization (WHO) or your local Red Cross or Red Crescent.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Draw on skills you have used in the past that have helped you to manage previous adversities and use those skills to help you manage your emotions during this outbreak.



If you must stay at home, maintain a healthy lifestyle including proper diet, sleep, exercise and social contact with family and friends at home and remotely.



Deal with any emotions you may have in a healthy manner.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

COVID-19: 3 ways to help protect yourself and your loved ones



LEARN



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ACT



Wash your hands often and avoid touching your face



Avoid handshakes and close contact. Think of new ways to greet your loved ones



Cover your coughs and sneezes (use a tissue paper or your elbow)



Stay home if you have a fever or cough

HELP

Talk things through with older family members, friends and neighbours. The risk is higher for them and they might be worried or confused.



Check if they need extra help with everyday things like shopping



Recommend they stay home and away from public places



Make sure they have a good supply of any regular medication they need

COVID-19: should you wear a mask?



Yes. If you have respiratory symptoms - cough, difficulty breathing



Yes. If you are providing care to individuals with respiratory symptoms



Yes. If you are a health worker and attending to individuals with respiratory symptoms



Not needed for general public who do not have respiratory symptoms - cough, difficulty breathing

Source: WHO

COVID-19: maintain the distance



Avoid close contact with persons who are coughing and sneezing!



Observe the rules in public spaces (stores, pharmacies and other places) about **maintaining the distance!**

Protect yourself and others!

THE COVID-19 CHRONICLES

"HANDSHAKE ALTERNATIVES"



Yong Loo Lin
School of Medicine



The "wave"



The Thai "wai"



The "elbow"



The "footshake"



By avoiding handshakes,
you can lower the risk
of getting infected.
So adopt alternative
greetings instead.
What other alternatives
can you think of?

Dr Dale Fisher is Professor in
Infectious Disease, NUS, and
Chair of the Global Outbreak
Alert and Response Network,
WHO.