

CORONAVIRUS - WHAT YOU NEED TO KNOW ABOUT THE CURRENT SITUATION IN KENYA (CORONAVIRUS - COVID-19)

1. Is there a confirmed case of Coronavirus in Kenya? Yes. If you suspect that you or someone close to you has had contact with someone who travelled from affected countries in the last 14 days, contact the Ministry of Health through 0800721316 (tollfree); 0732353535; 0748592558.

2. How is Coronavirus transmitted? The Coronavirus is transmitted from person-to-person through cough droplets. As such, keeping a social distance of at least one metre and avoiding handshakes helps to prevent contracting coronavirus.

3. What can you do to prevent yourself from becoming infected or infecting others?

- ✓ Minimize social gatherings
- ✓ Practice handwashing regularly with soap and running water
- ✓ Cover your mouth and nose with a tissue or handkerchief when coughing and sneezing.

4. How do I know that I am infected with Coronavirus? Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. Note that in more severe cases, the infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

5. What do I do in case I suspect that I have any of the symptoms? If you develop any of the above symptoms, avoid any social contact, call 0800721316 (tollfree) and stay at home until you receive further instructions.

6. Can I travel outside Kenya at this time? UNHCR discourages any travel abroad.

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



World Health Organization

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health Organization

Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue



Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



World Health Organization

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



World Health Organization