

## The New Corona Virus (COVID-19) Preventive Guide In Public Places

### Some simple methods to prevent the spread of COVID-19 in gathering places

Preparing and providing the latest preventive measures will help you to protect yourself and others from infection, as infection can spread easily in public places. Public gatherings can lead to a 10% increase in infection rate, so make sure to:

- Avoid crowded places
- Take influenza vaccine

Also, there are some important measures that you can take to protect yourself and those around you in gathering places:

- Avoid travel and public places upon infection
- Stay at home when you experience symptoms, as the virus can spread from an infected person for up to 24 hours after symptoms subside
- Cover your mouth and nose when coughing or sneezing with paper tissues and dispose of them directly in the trash
- Maintain an appropriate distance from the gathering area, as the virus is transmitted by saliva droplets to a distance that reaches 3 feet
- Wash and sterilize your hands frequently
- Be careful not to touch your face (eyes, nose, or mouth)
- Avoid sharing your mobile phone

### How does (COVID-19) spreads:

When a person with (COVID-19) coughs or exhales, he releases droplets of fluid infected with the disease, and those droplets fall on surfaces and nearby objects such as offices, tables or phones. Then the disease is transmitted when people touch those contaminated surfaces and touch their eyes, mouth, or face afterward.

It is also possible for the disease to transmit if a person is standing one or two meters away from the person infected with (COVID-19) by direct contact through the diffused droplets from those infected. Know that most people with (COVID-19) suffer from mild symptoms and recover from it, some may experience more serious symptoms and may need hospital care.

### Risk of infection:

The risk of infection increases among some groups, such as:

- 1- The elderly.
- 2- People who suffer from medical conditions, such as diabetes, heart and lung diseases.
- 3- People with a weak immune system, and some groups with a risk of disease.

### Symptoms of infection:

The main symptoms include: fever, cough, shortness of breath, and sometimes symptoms can develop into pneumonia. The infection may cause severe complications for people with a weak immune system, chronic diseases, and the elderly.

For Help, Call 937

