



## UNIVERSITY OF MEDICAL SCIENCES, ONDO

### **COVID-19 PREVENTION AND CONTROL: *What you should know and do!***

Coronaviruses are a large family of viruses which may cause illness in animals or humans, including the Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most newly and recently discovered coronavirus causes coronavirus disease COVID-19. The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. The “incubation period” for COVID-19 range from 1-14 days. It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that it may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

The most common symptoms of COVID-19 are fever, dry cough and breathlessness. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Older people and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness. At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads.

The global community is racing to slow down and eventually halt the spread of COVID-19, a pandemic that has claimed thousands of lives and sickened tens of thousands of others. In Africa, the virus has spread to dozens of countries within weeks. Governments and health authorities across the continent are striving to limit widespread infections. FGN through the FMoH and NCDC, and Ondo State Government have shown strong policy level commitment to slow down COVID-19 progress as well as control it. UNIMED is fully committed to the preventive and control efforts of Governments/health systems. A summary of preventive measures include

- Raising awareness about COVID-19 prevention and control: UNIMED has printed and distributed large posters with preventive messages to institutions, health facilities, outreach stations and the communities. Find a copy of this on the University website
- Wash your hands frequently using soap and water or an alcohol-based hand rub. UNIMED have provided hand sanitizers at all her entry points: gates, offices, students hostels, lecture rooms etc with facilities for adequate water supply
- Cover mouth and nose with flexed elbow or tissue when coughing or sneezing. Dispose of used tissue immediately
- Avoid close contact /social distancing with everyone and those with flu-like symptoms
- Seek medical care early if you or your child has a fever, cough or difficulty breathing
- The use of a medical mask is advised if you have respiratory symptoms (coughing or sneezing) to protect others
- Self-isolation if you feel exposed or have a positive result. Go for a test
- Stay at home. The Vice Chancellor (Prof. Adesegun Fatusi) is committed to this when he asked all students to go and stay at home, and this has been recently extended to staff

***COVID-19 is real. Stay safe, stay home and save Nigeria.***

***This write up is powered by: The Department of Community Medicine UNIMED***