

THE SABC GROUP IS YOU!

WHAT YOU HAVE TO KNOW CONCERNING THE COVID-19 (CORONAVIRUS)

SYMPTOMS

Fever

Headache

Tiredness

Chill

Sweat

Neck Stiffness
/lumbago

Breathing
difficulty

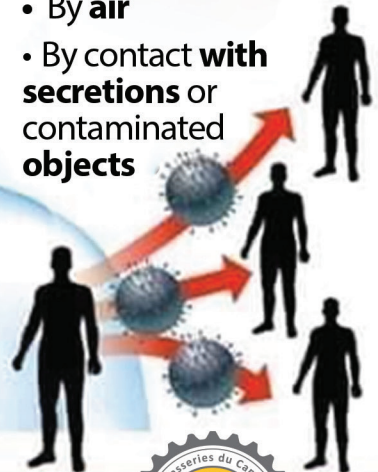


INCUBATION PERIOD

- **2-14 days**
(average of 7 days)

TRANSMISSION

- By **air**
- By contact **with secretions** or contaminated **objects**



#GROUPE_SABC_CEST_VOUS





Coronavirus

- A new coronavirus known as Covid-19 has been detected in China since ending december 2019. It belongs to a vast family of viruses capable of being at the origin of a wide range of illnesses (fever, cough, cold, difficulties in breathing, severe lung infection,...). This new coronavirus comes 7 years after the discovery of the first case in the Middle East (Mers-CoV) in 2012.
- **Modes of transmission of the virus :** It is transmitted during close contacts in confined spaces:
 - By air (sputter propagated during cough, sneezing or even a close conversation)
 - By physical contact (handshake, embrace, contaminated surfaces like door handles)
- **Manifestations :** fever, cough, cold, difficulties in breathing,
 - Incubation period varies from 2 to 14 days
- **Had you been in an area at risk? When you come back:**
 - Respect the instructions from the competent health Authorities
 - Control your temperature 2 times / day,
 - Wear a surgical mask when in front of another person or when you have to go out.
 - Wash your hands regularly or use a hydro-alcoholic solution.
 - In case of fever or febrile sensation, cough, difficulty to breathe, then call **1510**.
- **You did not have a stay in an area at risk?**

You have fever, cough, diarrhoea: Don't go to work. Stay at home. Call the number **1510**. Inform the DHR and your upper hierarchy

■ **Protect yourself and others**

● **Regularly wash your hands**

Washing hands frequently with hydro-alcoholic solution or with water and soap kills the virus, if it is present on your hands. If you had held the handle of a door? Wash your hands ...

● **Avoid touching your eyes, nose and mouth.**

The hands are regularly in contact with numerous surfaces that could be contaminated with the virus. If you touch your eyes, nose and mouth, you risk contamination before washing your hands.

● **Avoid close contact**

Maintain a distance of at least 1 metre from people, in particular if they have cough, they sneeze or have fever. When someone infected by a respiratory virus like COVID-19 coughs or sneezes, he/she spreads little droplets containing the virus. You can inhale the virus by being so close.

● **Respect respiratory hygiene rules**

Cover your mouth and nose with a flexed elbow or a handkerchief in case of cough or sneezing- throw the handkerchief immediately after usage in a trashcan, close it and wash your hands.

■ **Should we avoid handshake because of the new coronavirus?**

Yes. One can contract the virus by handshake and later touching the eyes, nose or mouth. Greet by a sign of the hand, or head, or better still by inclining yourself. Also avoid embraces.

■ **Always be informed and follow advice from competent Authority**

You have to be aware of the latest evolution concerning the virus. Follow advice from health Authorities or your Employer.

■ **Special instructions**

- *Limit your movements, even in the family. Stay at home except in case of essential professional issues and urgent cases;*
- *Avoid crowd walkabouts, great assemblies, public places, hospitals;*
- *If you have to go out, wear a surgical mask;*
- *Signal all suspected cases by calling **1510**;*
- *Take care of all minors and the elderly, keep them at home.*

You can stop the risk of propagating the virus by scrupulously respecting these rules.

Thank you for showing responsibility in the application of these measures

Reduce the risk of coronavirus infection:



If you wash your hands with water and soap or with a hydro-alcoholic solution

Cover your nose and mouth with handkerchief or flexed elbow when coughing or sneezing



Avoid all close contact with any person presenting signs of influenza

Cook meat and eggs very well



do not have close contact with wild or domestic animals

Your health, our priority

Useful Contacts

Useful information site (<https://www.gouvernement.fr/info-coronavirus>)



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