

COVID-19

Dos and Don'ts for Everyone

DO wash your hands thoroughly, for at least 20 seconds using soap and water or use a hand sanitizer with at least 60% alcohol several times a day especially:

- Before cooking or eating
- After using the bathroom
- After blowing your nose, coughing, or sneezing

DON'T touch your eyes, nose, and mouth. If you *have* somehow come into contact with the virus, touching your face can help it enter your body.

DO learn the symptoms, which are similar to flu:

- Fever
- Cough
- Fatigue
- Runny nose
- Sore throat
- Shortness of breath (as it gets worse)



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Most cases do not start with a runny nose.

Dos and Don'ts

DO	DON'T
<p>Consider taking vitamin supplements especially if you have a chronic medical condition. Note that as of now, the highest risk groups appear to be seniors and people with pre-existing conditions like heart disease, chronic respiratory diseases, and diabetes.</p>	<p>Wear a mask unless you're sick. Masks help protect others from catching the virus, but wearing one when you're healthy won't do much. Demand has been so high worldwide that shortages have begun. Leave the masks for people who really need them, like the sick or health care professionals.</p>
<p>Reconsider travel to affected countries. Currently, the CDC advises against all non-essential travel to China and South Korea. The agency suggests postponing non-essential travel to Italy, Japan, and Iran as well.</p>	<p>Travel if you have a fever. If you get sick on flight, tell crew immediately. When you get home, contact a health professional.</p>
<p>Prepare by making sure you have supplies at home in case someone gets sick and needs to be quarantined. This would include prescription medications for anyone in the family, other health supplies such as over-the-counter pain relievers, and disinfectants to clean household surfaces. Studies suggest that coronaviruses can live on surfaces for a few hours or up to several days. Clean them regularly with a disinfectant to kill the virus.</p>	<p>Panic! At this point, public health officials still say the risk of becoming infected with COVID-19 is low. Taking proper precautions -- wash your hands and making preparations are the best things you can.</p>

While COVID-19 has not yet been declared a pandemic, a government web site also suggests keeping a 2-week supply of food and water in the case of a pandemic and having copies of electronic health records.

Dos and Don'ts When You Don't Feel Well

DO	DON'T
<p>Seek help early if you have Flu like symptoms. But don't just drop into the nearest urgent care clinic. Call your doctor to find out the protocol first.</p>	<p>DON'T go out except to see your doctor, after calling. And if you do have to go out, avoid public transportation, taxis, and ride-sharing.</p>
<p>Cough or sneeze into the crook of your elbow or a tissue, and dispose of the tissue immediately in a covered bin. (You should be doing this whether or not you suspect COVID-19 -- you don't want to spread a common cold, either).</p>	<p>Don't hang out with your family or pets if you suspect you have the virus. In order to protect them, eat and sleep separately from them, try to stay in one room, and use a separate bathroom if possible. Yes, pets are included in the recommendations. There has been one report of a dog testing positive for the virus in Hong Kong. But officials there said, they are not sure the dog is actually infected. The CDC says experts don't know for sure whether pets can catch it.</p>

Wear a mask properly around others if you suspect you may have the virus -- the mask itself can be a source of infection if you don't follow the guidelines. The World Health Organization has videos on when and how to use a mask.

Don't reach for antibiotics. If you happen to have some lying around from a previous illness, you may be tempted. But antibiotics work only on illnesses caused by bacteria, and the coronavirus is -- you guessed it -- a virus.



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