

# **SNM SAFETY INTERNATIONAL LDA**

## **CORONAVIRUS ADVICE**

As a result of the COVID-19 Coronavirus outbreak, **SNM Safety International Lda** is more concerned with its valued customers, their families, stakeholders and the public in general. We have come up with some general guidelines in line with WHO advice to prevent against the world pandemic coronavirus spread which had claimed thousands of lives worldwide.

Below is the advice and preventive measures which can be put in place in order to prevent the spread of the COVID-19 Coronavirus.

# What is it and its cause?

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases. Coronaviruses are zoonotic, meaning they are transmitted between animals and people. COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

# Symptoms

The following symptoms may appear 2-14 days after exposure and you may have some not all of them (you may not present any symptoms altogether and be a carrier whilst put on the opposite side):

- Coughing
- Fever
- Fatigue
- Shortness of Breath
- Pneumonia
- Vomiting
- Diarrhoea
- Sore throat

Where in advanced cases the patient can have serious complications that result in Death such as Severe Pneumonia and/or Kidney Failure.

# How is it transmitted?

- Contact with a patient's belongings, touching surfaces they have coughed over and then touching your face or mouth (*ensure cleaning schedules are maintained and all surfaces are cleaned, food must be washed and prepared carefully, if you cough – cough into a tissue or into your elbow and if you blow your nose ensure to immediately dispose of your tissue and clean down surfaces regularly with disinfectant – this can include Dettol, and other alcohol based disinfectants*)
- Direct contact with infected patients (*it may not be evident if someone is infected so avoid contact with others and regularly wash your hands*)
- Droplets from patient's coughing or sneezing (*maintain social distance from others and if you have the flu symptoms wear a mask to protect others and cover your mouth when coughing*)

# Treatment or vaccine

- There is currently no specific treatment for coronavirus.
- Antibiotics do not help, as they do not work against viruses.
- Treatment aims to relieve the symptoms while your body fights the illness.
- You'll need to stay in isolation, away from other people, until you have recovered.

# General guidelines for prevention against the spread

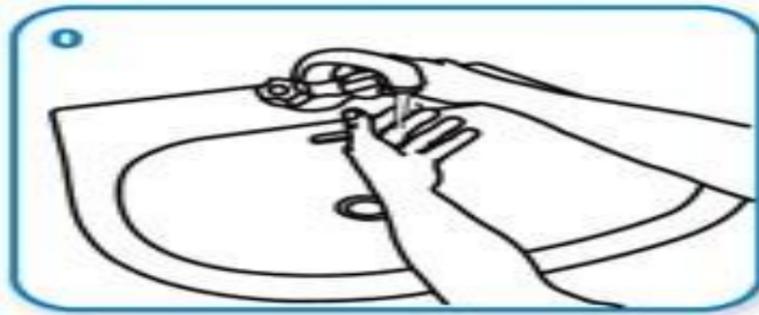
Everyone is advised to maintain good hygiene standards around the workplace by following the latest advice from the [World Health Organisation's \(WHO\)](#) website which includes the following basic protective measures:

- Wash your hands frequently with alcohol-based hand wash or wash with soap and water for at least 20 seconds,
- Maintain social distancing- maintain at least 1 meter (3 feet distance) between yourself and anyone who is coughing or sneezing, cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze,
- Put used tissues in the bin straight away and wash your hands afterwards,

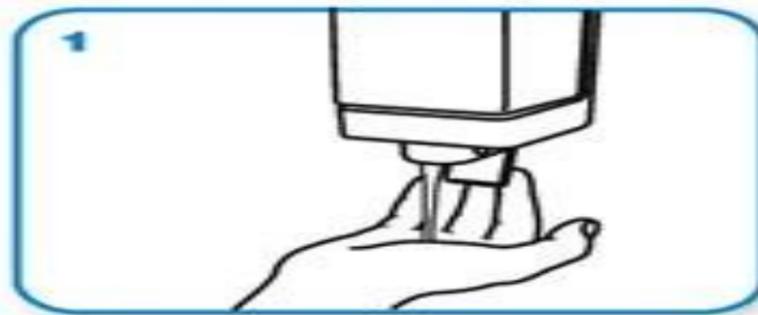
# General guidelines for prevention against the spread cont

- Avoid touching eyes, mouth and nose,
- Practice respiratory hygiene - Using the nearest waste receptacle to dispose of the tissue after use,
- If you have fever, cough and difficulty breathing, seek medical care early. Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
- Stay informed and follow advice given by your healthcare provider. Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

# Guideline on how to properly wash hands



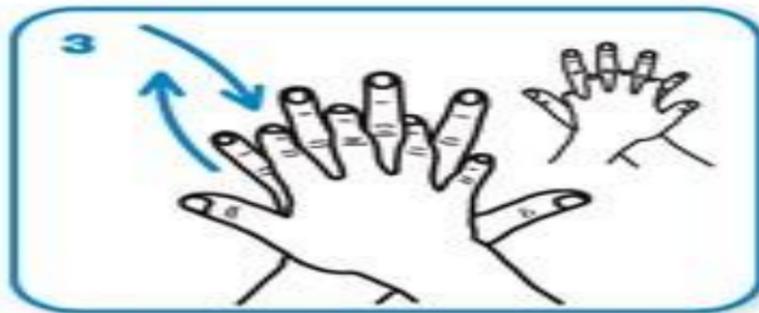
Wet hands with water



apply enough soap to cover all hand surfaces.



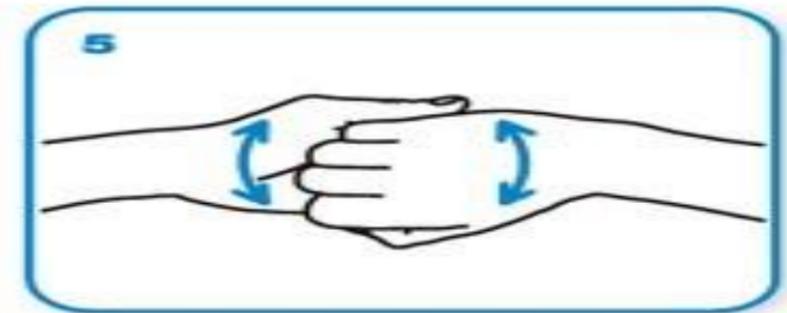
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



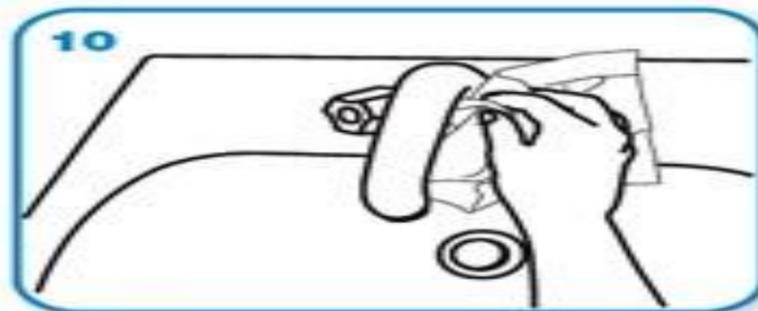
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

# COMMON & NOVEL ILLNESS SYMPTOMS

SYMPTOMS	SEASONAL ALLERGIES	COMMON COLD	FLU	COVID-19**
 <b>FEVER</b>	Rare	Rare, Temp. <100°F	Common, Temp. 100°F & Above, Lasting 3-4 Days	Common, Temp. 100.4°F & Above
 <b>HEADACHE</b>	Sometimes	Rare	Prominent	Sometimes
 <b>GENERAL ACHES, PAINS</b>	Rare	Uncommon Or Mild	Common, Often Severe	Sometimes
 <b>FATIGUE, WEAKNESS</b>	Sometimes	Very Mild & Brief	Common, Lasts 2-3 Weeks	Sometimes
 <b>RUNNY OR STUFFY NOSE</b>	Common, Usually Watery Clear Mucus	Common, Usually Thick Yellow/ Green Mucus	Sometimes	Rare
 <b>SNEEZING</b>	Common	Common	Rare	No
 <b>ITCHY, WATERY EYES</b>	Common	Rare	No	No
 <b>SORE THROAT</b>	Sometimes	Common	Common	Sometimes
 <b>DRY COUGH</b>	Sometimes	Common, Mild To Moderate	Common, Can Be Severe	Common
 <b>SHORTNESS OF BREATH</b>	Sometimes	Rare	Rare	Common In Severe Cases
 <b>DIARRHEA</b>	No	No	Sometimes*	Rare

To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?



# Should I avoid shaking hands because of the new coronavirus?

Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.

Greet people with a wave, a nod or a bow instead.



# 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



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# 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



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# 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



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# 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**



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# Be **SMART** & inform yourself about **#coronavirus**



Follow accurate public health advice from WHO & your local health authority



Follow the news on latest coronavirus updates



To avoid spreading rumors, always check the source you are getting information from



Don't spread rumors

Learn more to Be **READY** for **#COVID19**:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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Be **SMART** if you develop shortness of breath:



Call your doctor



Seek care immediately!

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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# Be **SAFE** from #coronavirus

if you are 60+ or if you have an underlying condition like:



**Cardiovascular disease**



**Respiratory condition**



**Diabetes**

by avoiding crowded areas or places where you might interact with people who are sick.

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



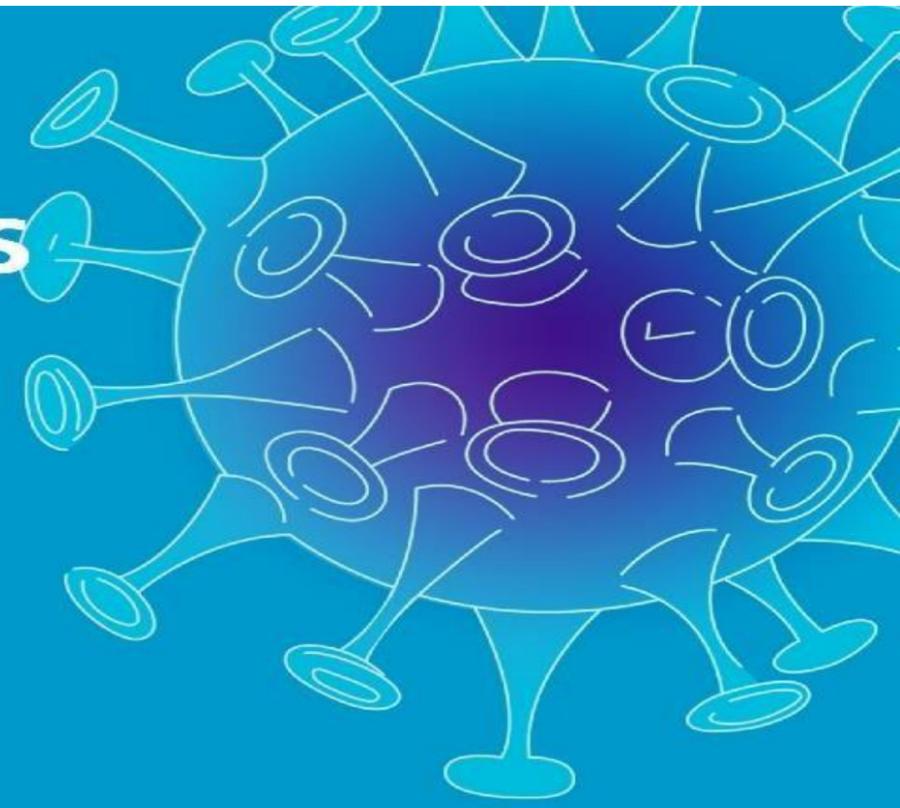
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Be **READY** for #coronavirus

WHO is giving advice on how to protect ourselves & others:



Be **SAFE** from coronavirus infection

Be **SMART** & inform yourself about it

Be **KIND** & support one another

Learn more about #COVID19 & share with your loved ones: [www.who.int/COVID-19](http://www.who.int/COVID-19)



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Be **SUPPORTIVE**

Be **CAREFUL**

Be **ALERT**

Be **KIND**

Be **READY** to fight  
**#COVID19**

For the latest health advice, go to:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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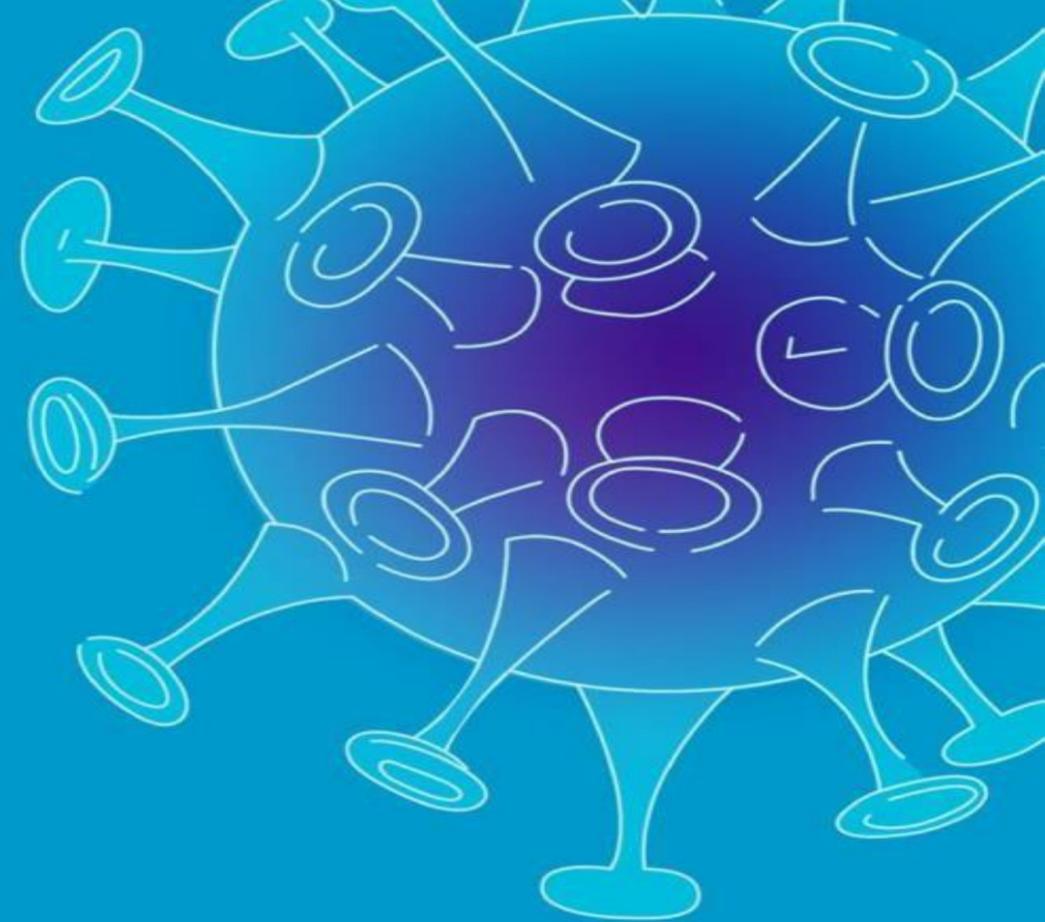


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**Be INFORMED**  
**Be PREPARED**  
**Be SMART**  
**Be SAFE**

**Be READY to fight**  
**#COVID19**

**For the latest health advice, go to:**  
**[www.who.int/COVID-19](http://www.who.int/COVID-19)**





# Be **KIND** to support loved ones during #coronavirus



Check in regularly especially with those affected



Encourage them to keep doing what they enjoy



Share WHO information to manage anxieties



Provide calm and correct advice for your children

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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# Be **KIND** to address stigma during #coronavirus



Share the latest facts & avoid hyperbole



Show solidarity with affected people



Tell the stories of people who have experienced the virus

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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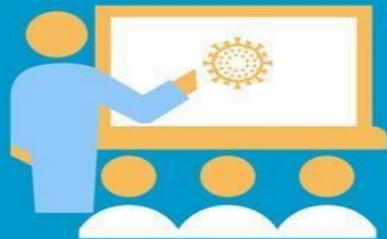
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# Be **KIND** to address fear during #coronavirus



Show empathy with those affected



Learn about the disease to assess the risks



Adopt practical measures to stay safe

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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# STAY HEALTHY WHILE TRAVELLING

If you become sick  
while travelling,  
inform crew and  
seek medical care  
early



If you seek medical  
attention, share travel  
history with your health  
care provider



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# STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing  
**cover mouth and nose with  
flexed elbow or tissue – throw  
tissue away immediately and  
wash hands**



If you choose to wear a face mask, be  
**sure to cover mouth and nose -  
avoid touching mask once it's on**



**Immediately discard single-use mask  
after each use and wash hands after  
removing masks**



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# STAY HEALTHY WHILE TRAVELLING

**Avoid close contact  
with people suffering  
from a fever and cough**



**Frequently clean hands by  
using alcohol-based  
hand rub or soap and water**

**Avoid touching eyes,  
nose or mouth**



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# STAY HEALTHY WHILE TRAVELLING

**Avoid travel if you have  
a fever and cough**



**If you have a fever, cough and  
difficulty breathing seek medical  
care early and share previous  
travel history with your health  
care provider**



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No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves.

You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and can infect you.

Is wearing rubber gloves while out in public effective in preventing the new coronavirus infection?



# Should I avoid shaking hands because of the new coronavirus?

Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.

Greet people with a wave, a nod or a bow instead.



How should I greet another person to avoid catching the new coronavirus?

To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.



# Statistics

Stay updated on accurate details via the **World Health Organization's** official site :

<https://www.who.int/>

For other additional statistics follow the links below:

<https://infographics.channelnewsasia.com/covid-19/map.html>

<https://www.worldometers.info/coronavirus/>

**Contact us:**

[info@snm-safety.com](mailto:info@snm-safety.com)

<https://snm-safety.com/>



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