

COVID-19 Advices for Pakistan Sports Family

18 March 2020





What is coronavirus?

- **Coronaviruses are a large family of viruses which may cause respiratory illness in humans.**
- **A new member of this family of viruses (COVID-19), was first identified in Wuhan, China, in December 2019.**





What are the symptoms of COVID-19?

- Most common symptoms are fever, tiredness, and dry cough.
- Some people may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.
- Most people (about 80%) recover from the disease without treatment.
- Older people or those with underlying health problems can develop difficulty breathing requiring medical attention.



How does COVID-19 spread?

- The disease spreads through small droplets from the nose or mouth when a person with COVID-19 coughs or exhales.
- These droplets land on objects and surfaces or are inhaled by people close by.
- Touching the objects infected with droplets, and then touching your eyes, nose or mouth may spread COVID-19.



7

Helpful
Tips



How can you
protect
yourself?

1. Hand Hygiene



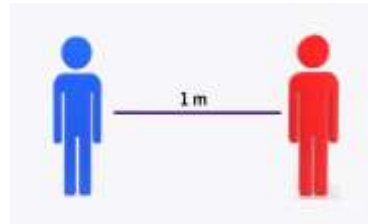
Wash your hands frequently and thoroughly with soap and water

Use hand sanitizer in public places



How can you protect yourself?

2. Maintain social distancing



Keep space between you and anyone who is coughing and sneezing



How can you protect yourself?

3. Avoid touching your face

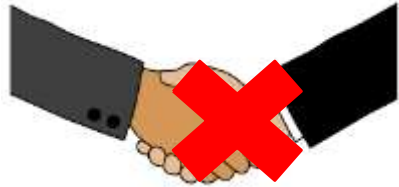


Try not to touch your eyes,
nose or mouth

How can you protect yourself?



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



How can you
protect
yourself?

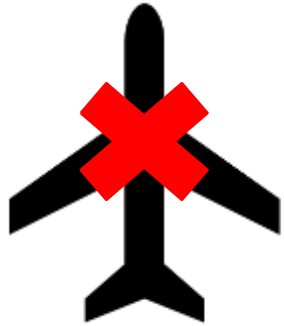
5. Practice respiratory hygiene



How can you protect yourself?

- Make sure you, and the people around you, follow good respiratory hygiene.
- This means coughing or sneezing into your bent elbow or into a tissue. Then dispose of the used tissue immediately.

6. Avoid unessential travel and large social gatherings



How can you
protect
yourself?

7. Monitor your health and stay home if ill



Monitor for symptoms of COVID-19

Seek medical attention for
fever, cough and difficulty
breathing

How can you protect yourself?



Is it safe to swim?



According to the WHO, the coronavirus does not survive in chlorinated water.



What about training?

Stay informed

COVID-19 website:

<https://www.who.int/health-topics/coronavirus>

WHO Travel Advice:

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

Additional resources

