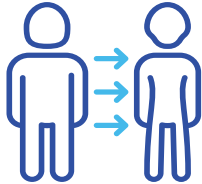




P.O. Box 448-40700
Oloonkolin – Kilgoris Narok
Tel.+254 704 143332
www.facebook.com/Mara Hospital

COVID-19

A new coronavirus, first identified in China in December 2019, has caused an outbreak of respiratory illness that the World Health Organization named COVID-19 (coronavirus) in February 2020



The virus usually spreads from **close person-to-person contact** through respiratory droplets from coughing and sneezing.

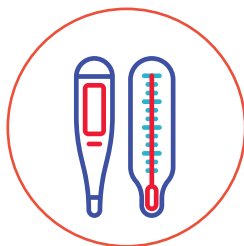


Symptoms may develop within **14 days of exposure** to the illness.

SYMPTOMS OF COVID-19 INCLUDE:



Cough



Fever



Shortness of breath

In rare cases, it can lead to severe respiratory problems, kidney failure or death.

WHEN TO SEEK MEDICAL CARE FOR COVID-19

If you are asymptomatic (exhibiting no symptoms) you do not need to seek medical care or testing for COVID-19.

If you have a fever, cough and shortness of breath, and have been in close contact with a person known to have COVID-19 or if you live in or have recently traveled to an area with ongoing spread, please Call or visit your nearest health care center.

THE BEST WAY TO PROTECT YOURSELF



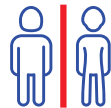
Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands.



Avoid close contact with people who are sick, sneezing or coughing.



Stayhome when you are sick.



Clean and disinfect surfaces and objects people frequently touch.



Only wear a face mask if you have respiratory symptoms or are caring for someone with respiratory symptoms.