

COVID-19 (CORONAVIRUS)

UNDERSTANDING AND RESPONDING TO COVID-19 (CORONAVIRUS) IN THE FSM



COVID-19 (CORONAVIRUS)

5 THINGS TO KNOW ABOUT COVID-19

1. WHAT IS COVID-19?



Covid-19 is a disease caused by the new coronavirus which has not been previously identified in humans. Coronaviruses are found in both humans and animals

2. WHAT ARE THE SYMPTOMS?



In most cases, COVID-19 causes mild symptoms including a runny nose, sore throat, cough and fever. It can be more severe for some people and can lead to pneumonia or breathing difficulties. In some cases, infection can lead to death.

3. HOW DOES COVID-19 SPREAD?



COVID-19 appears to spread most easily through close contact with an infected person. When someone who has COVID-19 coughs or sneezes, small droplets are released and if you are too close you can breathe in the virus.

COVID-19 (CORONAVIRUS)

5 THINGS TO KNOW ABOUT COVID-19

4. WHO ARE MOST AT RISK?



We still need to learn more about how COVID-19 affects people. Older people and people with other medical conditions, such as diabetes and heart disease appear to be more at risk of developing severe disease.

5. WHAT IS THE TREATMENT FOR COVID-19?



There is no currently available treatment or vaccine for COVID-19. However, many of the symptoms can be treated

COVID-19 (CORONAVIRUS)

5 THINGS TO DO ABOUT COVID-19

1. WASH YOUR HANDS FREQUENTLY.



Wash your hand with soap and water or, if your hands are not visibly dirty, use an alcohol-based hand rub. This will remove the virus if it is on your hands.

2. COVER YOUR MOUTH AND NOSE WITH A FLEXED ELBOW OR TISSUE WHEN COUGHING AND SNEEZING



Throw away the used tissue immediately and wash your hands with soap and water or use an alcohol-based hand rub. This way you protect others from any viruses released through cough and sneezes.

3. IF POSSIBLE, KEEP A DISTANCE OF, AT LEAST 3-FEET BETWEEN YOURSELF AND SOMEONE WHO IS COUGHING OR HAS A FEVER



COVID-19 appears to spread most easily through close contact with an infected person.

COVID-19 (CORONAVIRUS)

5 THINGS TO DO ABOUT COVID-19

4. AVOID TOUCHING YOUR EYES, NOSE AND MOUTH



Hands touch many surfaces which can be contaminated with virus. If you touch your eyes, nose and mouth with your unclean hands, you can transfer the virus from surface to yourself

5. IF YOU HAVE FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE. CALL AHEAD AND INFORM THE HEALTH CENTER AND FOLLOW THEIR GUIDANCE



Always follow the guidance of your Health Care professionals or National health advisories.

COVID-19 (CORONAVIRUS)

RESOURCES

For more information regarding COVID-19 contact your local health care centers:

CHUUK (330- 2214) | KOSRAE (370-3012)
POHNPEI (320-3107) | YAP (350- 2110)

For more information regarding travel restrictions to

Mr. Moses Pretrick, 320-8300 or 920-4715

While the FSM Department of Health & Social Affairs values the importance of access to information, it also acknowledges that the internet can also be prone to misinformation & propaganda. The department advises that the public critically consider any information from the internet (ie. Facebook). The following are recommended sources on materials regarding COVID-19 in the FSM.

World Health Organization | US Centers for Diseases Control and Prevention
FSM Department of Health & Social Affairs | State Department of Health Services