



COVID-19

Taking Care of
Yourself and Others



**SYMPTOMS
AND TESTING
POSITIVE**



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WHAT IS NOVEL CORONAVIRUS DISEASE 2019 (COVID-19)?

Novel Coronavirus Disease 2019 (COVID-19) is a new strain of coronavirus that can cause respiratory infections in humans resulting in flu-like symptoms. The disease involves your upper respiratory tract (nose, throat, airways, lungs). It was first identified in December 2019 in China and has spread rapidly around the world. Most people who catch COVID-19 only feel mild symptoms, but some can get extremely ill. COVID-19 was declared a pandemic by WHO on the 11th of March 2020.

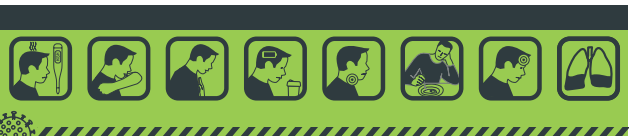
COVID-19 spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. It enters the body via the nose, mouth and/or eyes.

Some recent studies suggest that the virus may be airborne and can be spread through fine infected droplets that remain suspended in the air in closed air-conditioned environments due to the absence of cross-ventilation, even when one is not in direct contact with an infected person.



WHAT ARE THE SYMPTOMS OF COVID-19?

COMMON SYMPTOMS	LESS COMMON SYMPTOMS	RARE SYMPTOMS
<ul style="list-style-type: none">• Fever• Dry cough• Fatigue• Loss of taste and smell• Shortness of breath	<ul style="list-style-type: none">• Nasal congestion• Conjunctivitis (also known as red eyes)• Sore throat• Headache• Muscle or joint pain• Chest pain• Skin rash• Nausea or vomiting• Diarrhoea• Chills or dizziness• Loss of appetite	<ul style="list-style-type: none">• Irritability• Confusion• Reduced consciousness (sometimes associated with seizures)• Anxiety• Depression• Sleep disorders



You may experience only one or two of these symptoms and not all of them. Some people may not have symptoms at all.

It's important to monitor your symptoms regularly. If you experience any one of the following, seek medical care immediately:

- Worsening shortness of breath/ trouble breathing and cough.
- A new or returning fever or persistent fever of more than 38°C for 3 days.
- Persistent pain or pressure in the chest.
- Worsening ability to concentrate/ confusion.
- If oxygen saturation drops to less than 95%.
- Inability to wake or stay awake.
- Bluish lips or face.

HOW TO PROTECT YOURSELF AND OTHERS



- Wear a mask at all times when around other people. If used correctly, masks may prevent sick people from infecting others. If you are unknowingly infected, wearing a mask will reduce the chance that you pass COVID-19 on to others.



- Stay home, especially if one is older than 60 years or below 5 years of age, or has any other medical issue.



- Social distance when in public by keeping a distance of at least 1-2 meters from others.



- Wash your hands at regular intervals with soap and water for at least 20 seconds.



- Cover your nose and mouth with a tissue when coughing or sneezing. Alternatively, cough or sneeze into the fold of your elbow



- Clean frequently touched surfaces with disinfectant regularly.



- Avoid contact with sick individuals.



- Seek medical advice as soon as symptoms appear.

WHY STAYING AT HOME CAN STOP THE VIRUS

You can be infected with COVID-19 but show no symptoms. If you come in close contact with others, you can pass the virus on to 2-3 people who, in turn, can pass it on to others, beginning a transmission chain.

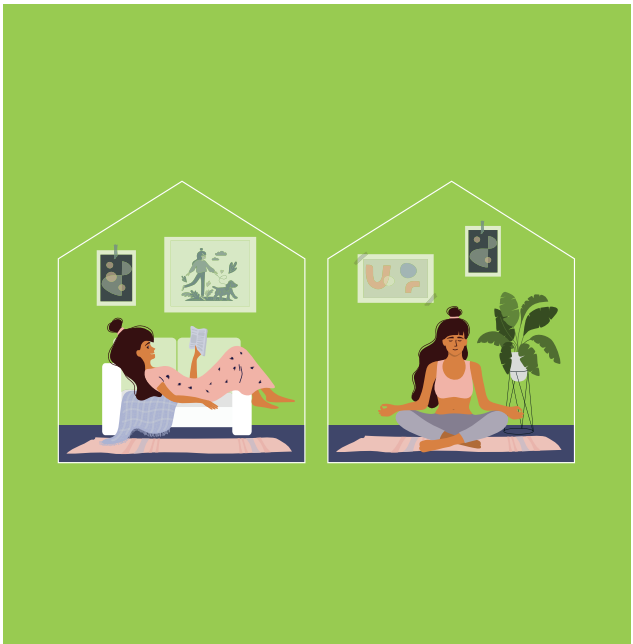
We have to break this chain: By reducing the opportunity for the virus to spread (by social and physical distancing), we reduce the number of people who get infected.

As numbers decrease, the medical workload will be reduced on doctors, nurses and health services. This can help the medical staff provide better care to sick people to ensure a fast recovery. This is called “Flattening the Curve”.

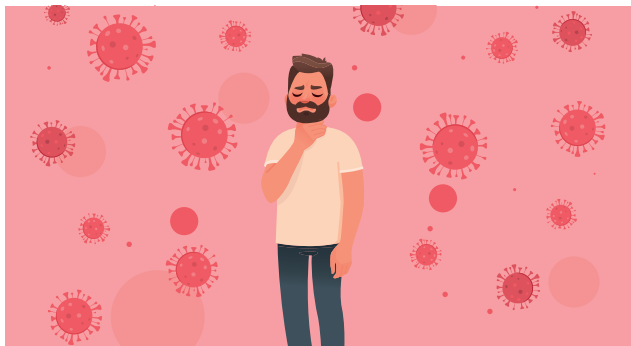
Slowing the infection’s spread is just as important as stopping it. Your commitment to saving lives can make a difference.

STAYING HEALTHY AND HAPPY AT HOME

- Boost your immune system by following healthy lifestyle habits.
- Provide liquid soap and hand sanitisers throughout the house.
- Avoid social gatherings. Rather chat via smart apps.
- Promote healthy behaviours for children such as healthy cooking skills.
- Encourage children to be physically active and safe at home.



IF YOU SUSPECT YOU HAVE BEEN EXPOSED TO COVID-19



Avoid:

- Going to work.
- Using public transport.
- Visiting public places.
- Doing shopping.
- Visiting family or friends.
- Allowing visitors into your home.
- Attending religious services, or events of any nature.
- Smoking and drinking alcohol.

What to do:

- If symptomatic, get tested for COVID-19 at your nearest testing facility.
- If you have a vehicle, drive yourself to the testing facility or call the toll-free number for further assistance.
- Stay at home while you wait for your COVID-19 test results to minimise the chance of infecting others, should you test positive.
- Stay calm and call a trusted friend or a professional for psychosocial support if you are anxious about your health.
- Have a friend or family member help you with shopping or other errands you may need help with.
- When receiving items from your family or friends, ensure that you do not come into close contact and make sure that you are both wearing your masks correctly.

- Physical distancing of 1-2 meters or more should be observed at all times.
- Maintain a healthy balanced diet. This will strengthen your immune system.
- Keep connected to people you care about by phone and video calls.
- Call 0800 100 100 toll-free or WhatsApp 0851 100 100 for further guidance.

IF YOU TEST POSITIVE FOR COVID-19



The do's

- Stay home at all times.
- Practice good hand hygiene. Wash your hands frequently, especially after handling cash or credit cards or other surfaces.
- Cover your cough/sneeze. The best way to cough or sneeze is into your elbow.
- If you live with others, stay in a separate room with the door closed and use a separate bathroom.
- Wipe your phone with disinfectant wipes or 70% isopropyl alcohol.
- Wipe all surfaces you come into contact with. Any bleach-containing household product is effective.
- Wear a mask if you step out of your room, or if someone enters it.

- Wash your hands before you wear your mask. Only touch the ear loops while wearing your mask.
- Protect your immune system. Consume a balanced diet, stay hydrated, avoid alcohol, get enough sleep and maintain a healthy weight.
- Monitor your symptoms daily. Keep a finger pulse oximeter to monitor oxygen saturation.
- Seek medical advice on preventive medication for your family members or cohabitators.

The don'ts

- Don't panic.
- Don't visit public areas or use public transport.
- Don't shake hands or hug.
- Don't touch your eyes, nose, mouth or face without washing your hands.
- Don't share water, utensils, towels or bedding with family members.
- Don't visit older relatives or community members. Discourage visitors.
- Don't discontinue self-quarantine until instructed.

WHAT IS THE DIFFERENCE BETWEEN ISOLATION AND QUARANTINE?





ISOLATION

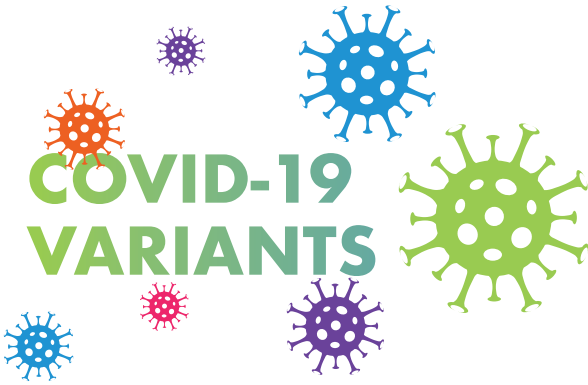
- Isolation is required when a person has tested positive for COVID-19.
- Namibia is using two types of isolation.
 - 1) Designated isolation, which could be in a health care facility or a non-healthcare facility.
 - 2) Self-Isolation, also referred to as home isolation.
- Health care facility isolation is meant for patients that are showing moderate to severe symptoms and cannot be managed at home.
- Non-health care facility isolation is meant for those who have tested positive for COVID-19 but do not show symptoms of sickness or have mild symptoms, yet do not qualify for home isolation due to a specific reason.
- Some COVID-19 patients do not experience moderate/severe symptoms and do not need to be hospitalised. These symptoms can be managed at home.
- Patients who have not shown symptoms while in isolation can be released 10 days after the date of diagnosis.



QUARANTINE

- Quarantine is a way of separating and restricting the movement of persons who may have been exposed to COVID-19.
- A person who is in quarantine is monitored for if they have contracted COVID-19 or not.
- A person should remain in quarantine for 7 days. All people under quarantine are required to be tested at the end of the quarantine period.
- Only those whose test results are negative for COVID-19 will be allowed to leave the quarantine.
- Those in quarantine and test positive for COVID-19 will be required to complete a period of isolation in line with the isolation criteria described above.

COVID-19 VARIANTS



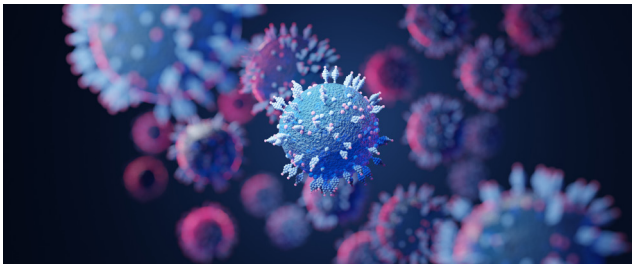
All viruses change over time. It is normal for viruses to evolve through mutations, as a consequence the emergence of new variants is to be expected. When there are many infections in a population the likelihood of the virus mutating increases.

Current Variants of Concern (as at 2 September 2021)

	ALPHA	BETA	GAMMA	DELTA
Country First Detected	The United Kingdom	South Africa	Brazil	India
Reason for Concern	Spreads more easily and could increase the death rate	Spreads more easily and some vaccines may be less effective against it	Spreads more easily and some vaccines may be less effective against it	Early studies have shown that it spreads more easily and is highly infectious

Possible implications of variants:

- Transmissibility.
- Progression and severity of the disease.
- Sensitivity of diagnostics.
- Efficacy/effectiveness of therapeutics including vaccines.



COVID-19 VACCINES



Adults, babies and children in Namibia and all over the world have been receiving vaccines for many years. A vaccine provides a degree of immunity against COVID-19. This means that it will help your body recognise the virus and also teach your body how to fight it. There is no active COVID-19 virus inside the vaccine so it cannot give you the disease.

The first mass vaccination programme against COVID-19 started in early December 2020 and the number of vaccination doses administered is updated daily. At least 13 different vaccines (across 4 platforms) have been administered. Campaigns have started in 206 economies.

VACCINE NAME	WHO EMERGENCY USE LISTING (EUL) DATE
Pfizer/BioNTech	31 December 2020
SII/Covishield and AstraZeneca/AZD1222	16 February 2021
Janssen/Ad26.COV 2.S (Johnson & Johnson)	12 March 2021
Moderna COVID-19 vaccine (mRNA 1273)	30 April 2021
Sinopharm	7 May 2021

The U.S. Food and Drug Administration (FDA) gave the Pfizer/BioNTech COVID-19 vaccine full approval on 23 August 2021.

COVID-19 vaccines aim to:

- Elicit production of protective levels of antibodies against SARS-CoV-2
- Establish immunological memory in the vaccine recipient
- Ultimately stop the transmission of SARS-CoV-2, thereby halting the pandemic and preventing the morbidity and mortality associated with COVID-19



What steps are taken to ensure the COVID-19 vaccine is safe?

COVID-19 vaccines have gone through a proper testing process, including large trials that involved tens of thousands of people. These trials were designed to identify any common side-effects or other safety concerns.

Independent regulators also reviewed the efficacy and safety of the vaccines before they were approved for use. The process was not rushed. Millions of people around the world have already started getting the vaccine.



How is the vaccine given?

You must get vaccinated by a trained healthcare worker at an accredited facility. The vaccine is given through an injection in your arm. Depending on what make of vaccine you receive, you might have to return for a second dose, but your healthcare worker will inform you when to do so.

Remember, the more people get vaccinated, the less the virus can spread in our communities.

Knowing the facts

✘ MYTH

Vaccines are unsafe and rushed.

✔ FACT

No step in the development and testing of the COVID-19 vaccines has been skipped. Millions of people who have already taken the vaccine have NOT become ill or died.

✘ MYTH

The vaccine will change my DNA.

✔ FACT

Some people think that because some of the vaccines are made using RNA technology, it means the RNA will interact with their DNA. The vaccine CANNOT change your DNA.

✘ MYTH

Vaccines contain microchips to track and control people.

✔ FACT

There is NO microchip or any other substance in a vaccine that can be used to track or control people.

✘ MYTH

5G networks cause the coronavirus through radiation emissions.

✔ FACT

Viruses CANNOT travel on radio waves and mobile networks. COVID-19 is spreading in many countries that do not have 5G mobile networks.

✘ MYTH

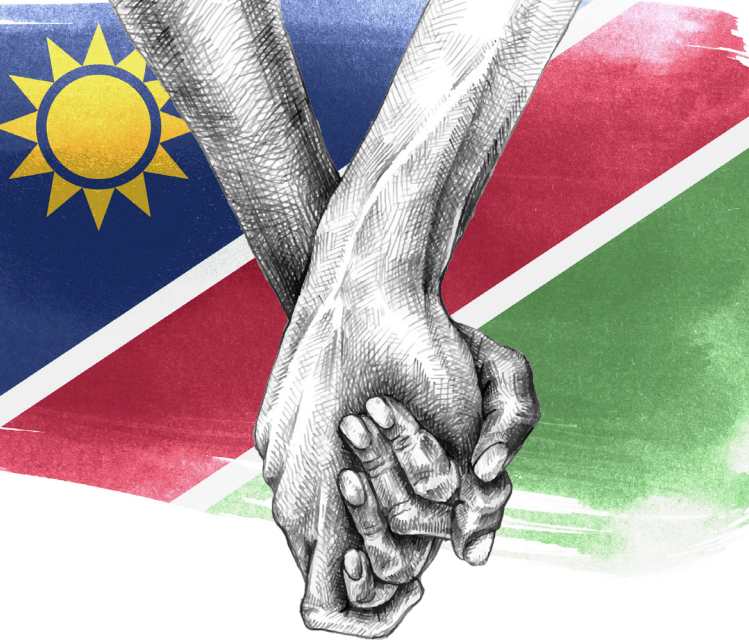
The vaccines have the mark of the Beast - 666.

✔ FACT

Vaccines have no connection with any religious organisations and cannot be infused with spirits, demons, or other abstract ingredients. There is no conspiracy to possess, bewitch or control anybody.

Sources:

https://www.afro.who.int/sites/default/files/2020-04/Namibia%20COVID-19%20SITREP%20no.%2020%20_.pdf • <https://covid19portal.gov.bw/sites/default/files/2020-05/coronavirus-english-brochure.pdf> • <https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/publications-andtechnical-guidance/food-and-nutrition-tips-during-self-quarantine> • https://www.gov.za/sites/default/files/gcis_documents/Covid-19Vaccine-brochure.pdf • <https://www.justicehealth.nsw.gov.au/novel-coronavirus-2019-brochure.pdf> • <https://www.mohap.gov.ae/Documents/Corona/Community-Guide/Covid-19-Brochure-EN.pdf> • <https://www.nafsan.org/covid-19-response/> • [https://www.sun.ac.za/english/learning-teaching/studentaffairs/Documents CleanCampaign%20Information%20Brochure.pdf](https://www.sun.ac.za/english/learning-teaching/studentaffairs/Documents/CleanCampaign%20Information%20Brochure.pdf) • <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19>



We've all lost enough.

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