



MINISTRY OF HEALTH

CORONAVIRUS DISEASE (COVID-19)

Information sheet for individuals discharged after COVID-19 treatment

The Ministry of Health appreciates your cooperation right from the time of screening, testing, isolation and treatment. The Ministry is happy that you have recovered, and you are now free from Coronavirus disease. However, failure to comply with the preventive measures set out by the ministry may expose you again to the virus. We urge you to adhere to the following measures for your safety, that of your family, the community where you live, and the country at large.

WHAT YOU MUST DO TO PROTECT YOURSELF

- Remain at home and observe all the lockdown measures specified by the President and the Ministry of Health.
- Maintain reasonable distance between yourself and other people (at least 2 meters).
- Regularly wash your hands with soap and running water or use an alcohol-based hand rub.
- Cover your mouth and nose with tissue or a handkerchief 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.
- Avoid touching your eyes, nose and mouth. Hands touch many surfaces which can be contaminated with the virus and you can transfer the virus from surfaces to yourself.
- Use a mask if you have flu-like symptoms covering your nose and mouth and stay at home in a well-ventilated room.
- If you have fever, cough and difficulty in breathing, seek medical care immediately. Call a health worker and alert him/her about your condition.
- If you are caring for individuals who have symptoms, such as cough and fever you should use a face mask to cover your nose and mouth.
- Clean and disinfect frequently touched surfaces such as doorknobs/handles, car doors, elevator buttons etc. daily with regular household disinfectant or soap and water.

WHAT YOU MUST NOT DO

- Avoid close contact with people who are visibly sick with flu-like symptoms (fever, cough, sneeze).
- When sick with flu-like symptoms avoid going to public places, offices and public gatherings.
- Don't take self-medication such as antibiotics.
- Do NOT spit in public. Find a secluded place like toilets or pit latrines in which to spit.
- You do not need to wear medical masks if you do not have respiratory symptoms such as cough, sneezing or running nose.
- Avoid any form of travel if you have flu-like symptoms.



For more information, call the Ministry of Health toll free line on: **919, 0800 100066, 0800 303033 & 0800203033** or send a free SMS to Ureport on **8500** or WhatsApp on **0770818139**

