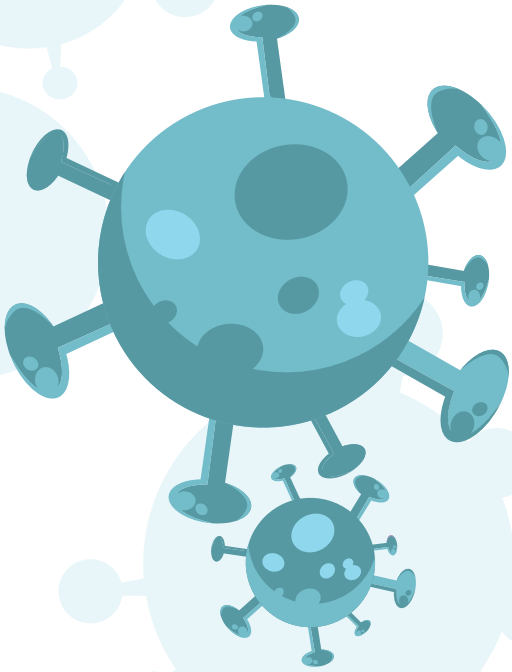
LIBERTY

COVID - 19

WHAT YOU NEED TO KNOW



What is it?

COVID-19 stands for the disease caused by the new strain of coronavirus that originated in Wuhan, China.
It has now spread to most countries around the world, including those in Africa.

How does it spread?

Once in humans, coronaviruses can spread to other humans through:

Air transmission
e.g. inhaling droplets released from coughing, sneezing or spitting by an infected person

Direct contact with an infected person
e.g. shaking hands and then touching your face

Infected surfaces
e.g. touching an infected surface and then touching your face

What are the symptoms?

The most common symptoms are a fever, tiredness and a dry cough. These are usually mild and begin gradually, or there may be no symptoms at all.

Most people don't need specialised care to recover from COVID-19. However, people over 60 and those with underlying medical conditions are **at greater risk of complications.**



How can I prevent getting infected and spreading the virus?

Wash your hands often using soap and water or alcohol-based hand rub for 20 seconds.

Avoid touching your face especially your eyes, nose and mouth.

Avoid eating raw or undercooked animal products.

Avoid travel if you have a fever or cough, and check your country's travel advisory.

Stand at least 2 metres away from other people when you are in public.

Clean and disinfect surfaces that are frequently touched, e.g. door handles and table surfaces.

Cover your mouth and nose when coughing and sneezing with a tissue or the inside of your elbow. Throw the tissue away immediately in a closed bin and wash your hands.

Use a cloth mask in addition to hand washing and social distancing. Medical masks are reserved for health workers due to global shortages. **Masks do not necessarily protect the wearer, but protect others if you are infected but not showing symptoms.**

Fit the mask firmly over your nose and mouth and do not touch it once it's on.

Replace it with a new one once it's damp. Remove it from behind, throw single use masks in a closed bin and wash your hands well.

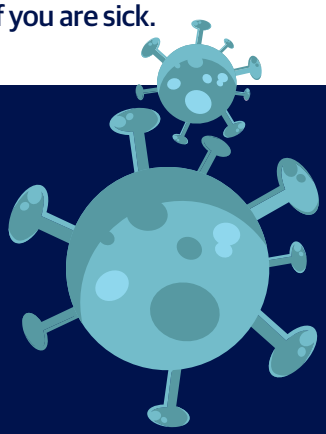
Wash cloth masks immediately in warm soapy water and then iron after for extra sanitisation.

Stay at home if you are sick.

What Liberty Health Cover is doing

Every one of our members matter to us. We will continue to monitor developments on COVID-19 and to keep you updated.

References and for daily updates on COVID-19
https://www.who.int/health-topics/coronavirus
https://www.cdc.gov/coronavirus/2019-ncov/about/index.html



If you have flu-like symptoms and recently travelled to a high-risk country for COVID-19, or you have had contact with someone who recently travelled to such a country, please seek medical care. Call your healthcare provider, who will advise you what to do, and share your travel history. Alternatively, please contact the hotline for your country's Health Ministry or its designated health authority who are co-ordinating the response to COVID-19:

Ghana
055 2222 004, 055 2222 005
050 9497700, 055 8439 868

Kenya
0729 471 414, 0800 721 316,
0732 353 535

Lesotho
Dr. Ranyali: 58844544
IHR: 58852916

South Africa
0800 029 999 (NICD)

Malawi
+265 887 371 288
DHO Lilongwe: +265 000 034 523
DHO Blantyre: +265 000 520 319

Mauritius
8924 (after hours: 8925-29)

Mozambique
84146

Nigeria
Toll free: 0800 9700 0010

Tanzania
0800 110 124, 0800 110 125

Uganda
0800 203 033, 0800 100 066

Zambia
0974 493553, 0953 898941,
0964 638726, toll free: 909

Zimbabwe
Dr Chionzi: +263 712 860 777
Dr Masunda: +263 774 023 283

Numbers without international dialling codes should be dialled from inside the country.

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