

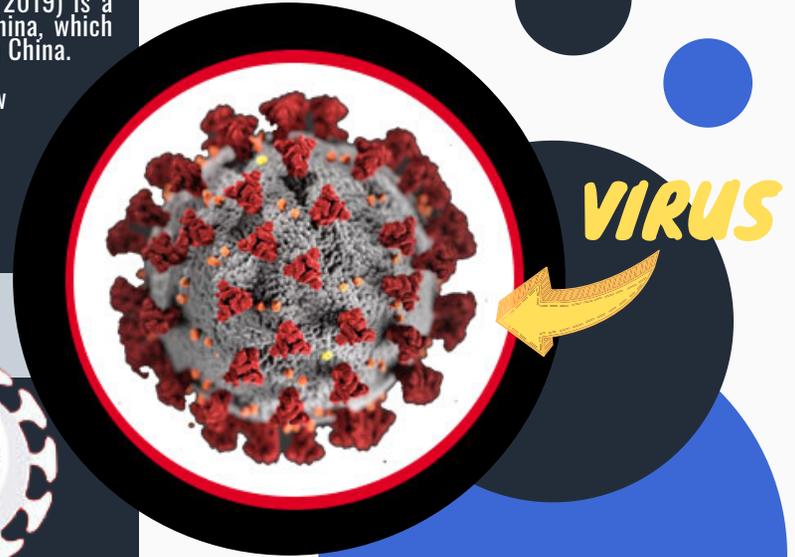


What is COVID-19

~The COVID-19 (Coronavirus Disease 2019) is a new coronavirus strain identified in China, which has cause cases of severe pneumonia in China.

~Coronavirus is a family of viruses know to cause illness raging from common cold to pneumonia.

~Cases of COVID-19 have been exposed to others countries , including Malaysia.



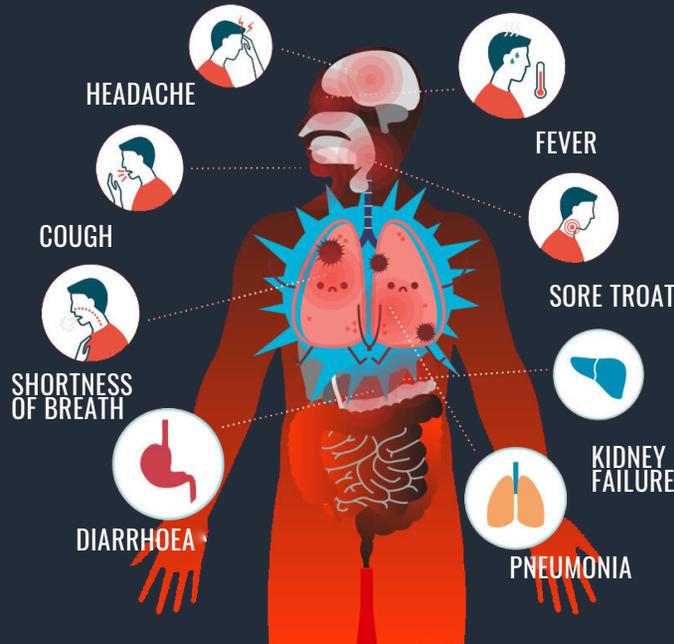
How is the virus transmitted?

It is commanly spread from infected person to another through air by coughing and sneezing, close personal contact such as touching or shaking hand.



HUMAN CONTACT AIR TRANSMISSION CONTAMINATED OBJECT

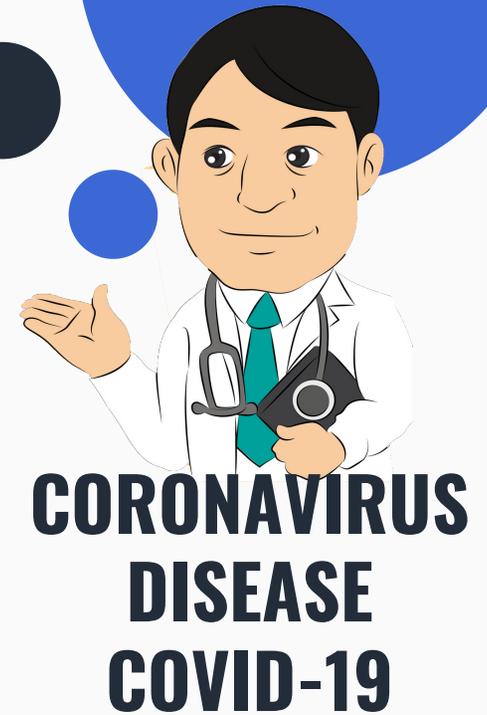
What are the signs & symptoms?



Confirmed cases by Country Top 50%



WHO IS AT RISK



ALL YOU NEED TO KNOW

PRACTICE GOOD PERSONAL HYGIENE

WASH
your hands
regularly with
soap and water.



AVOID
touching
your face with
your hands.

8 STEPS TO CLEAN YOUR HANDS



Palm to palm



Between fingers



Back of hands



Base of thumbs



Back of fingers



Fingernails



Wrists



Rinse and wipe dry



HIGH RISK COUNTRY

CHINA
SOUTH KOREA
ITALY
IRAN
JAPAN

PRECAUTIONS TO TAKE



Avoid consumption of raw and undercooked meat



Avoid crowded places and being around people who are unwell



Observe good personal hygiene at all times



Wash hands frequently with soap



Wear a mask if you have a cough or runny nose



Cover your mouth with a tissue paper when coughing or sneezing



See a doctor if you are unwell



DO NOT WEAR A MASK IF YOU ARE WELL



WEAR A MASK ONLY IF



- You have a **FEVER, COUGH OR RUNNY NOSE**
- You are **RECOVERING FROM ILLNESS**

HOW TO WEAR A MASK?



It should **COVER YOUR MOUTH, NOSE AND CHIN**, with the coloured side facing outwards.



PINCH THE METAL EDGE OF THE MASK so that it presses gently on your nose bridge.



Remove a used mask by **HOLDING ONLY THE EAR LOOPS.**

~AVOID TRAVEL TO OTHERS COUNTRIES WHICH ARE HIGHLY INFECTED BY THE VIRUS.

~UPON RETURN TO THE COUNTRY, MONITOR YOUR HEALTH CLOSELY FOR 14 DAYS AND SEE DOCTOR IF YOU FEEL UNWELL.



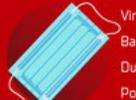
VARIOUS MASK FUNCTIONS WHICH ARE AVAILABLE IN THE MARKET

N95 (Strongest protection)



Virus	95%
Bacterial	100%
Dust	100%
Pollen	100%

SURGICAL MASK (Medical Use)



Virus	>95%
Bacterial	>80%
Dust	>80%
Pollen	>80%

FFP1 (Isolate suspended particles)



Virus	>95%
Bacterial	>80%
Dust	>80%
Pollen	>80%

ACTIVATED CARBON MASK (Stop Odor)



Virus	10%
Bacterial	>50%
Dust	>50%
Pollen	>50%

CLOTH MASK (DIY)



Virus	0%
Bacterial	>50%
Dust	>50%
Pollen	>50%

SPONGE MASK (Fashion use)



Virus	0%
Bacterial	5%
Dust	5%
Pollen	5%



WASH YOUR HANDS REGULARLY WITH SOAP AND WATER.