

At ports of entry

Appropriate basic personal protective equipment must be used when attending to travelers

What are countries doing?

- ◆ Remaining vigilant for new cases
Providing care for existing cases in affected areas
- ◆ Implementing screening of travelers
- ◆ Sharing information with WHO and other countries

In case of Emergency contact:

Dr. Ranyali - 58844544 and
IHR - 58852916

For more details please contact:

Ntsoaki Mokete - 56622908/63473171 and
Seipati Lekoeneha - 58771826

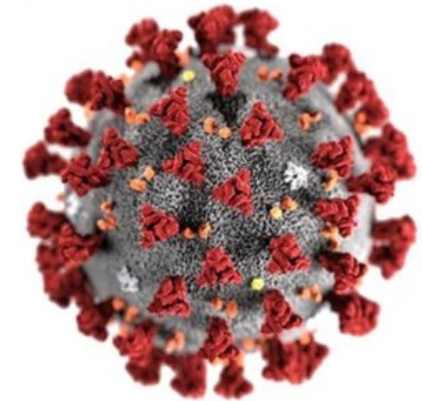
Or call toll free number :

- 80032020

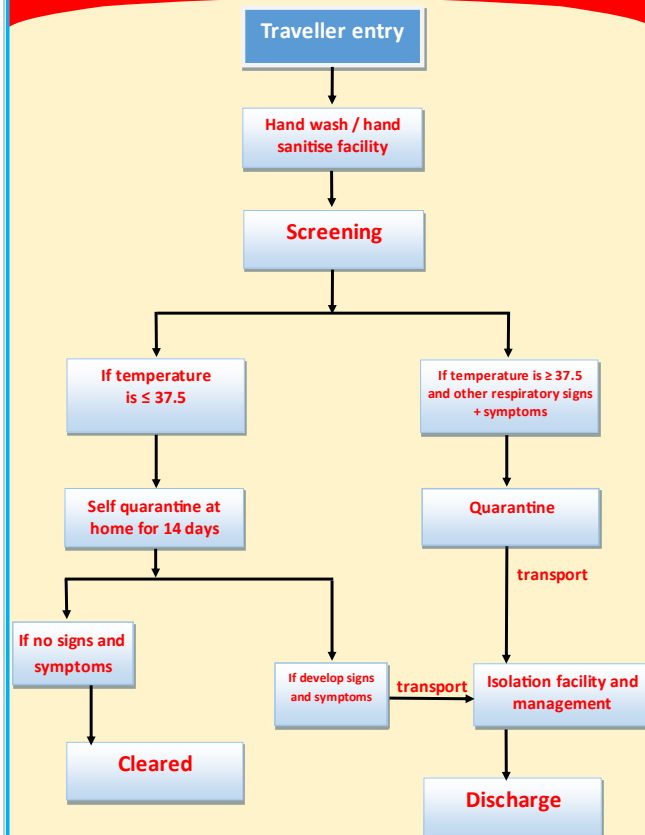
Take adequate precautions and limit spread

WHAT YOU SHOULD KNOW ABOUT

CORONAVIRUS (COVID-19)



ALGORITHM WHEN DEALING WITH TRAVELLERS FROM COVID-19 AFFECTED COUNTRIES / AREAS / TERRITORIES



What is coronavirus?

- ◆ Coronaviruses are a group of viruses belonging to the family of Coronaviridae, that infect both animals and humans
- ◆ Human coronaviruses can cause mild disease similar to a common cold
- ◆ While others cause more severe disease (such as MERS - Middle East Respiratory Syndrome and SARS – Severe Acute Respiratory Syndrome)
- ◆ Some coronaviruses that are found in animals can infect humans – these are known as zoonotic diseases

How does it present?

- ◆ Signs and symptoms are typically respiratory symptoms and include: fever, cough, sore throat, runny nose and other cold-like symptoms
- ◆ Shortness of breath and other signs of a lower respiratory tract infection

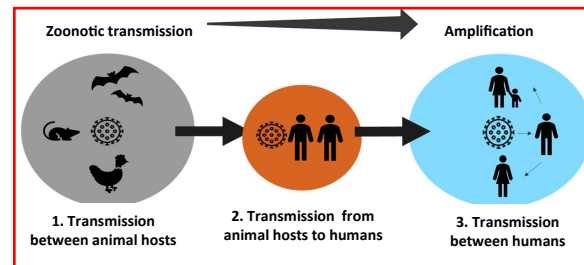
How is it spread?

- ◆ Human coronaviruses are usually spread through droplets (coughing/sneezing)
- ◆ Close personal unprotected contact with an infected person (touching, shaking hands)
- ◆ Touching of contaminated surfaces

What is known about the disease

- ◆ It is caused by a novel coronavirus called COVID-19
- ◆ Infection with this virus causes respiratory disease ranging from mild to severe disease.
- ◆ Some infected patients have died (people with serious underlying medical conditions and the elderly are more at risk for severe disease and death)

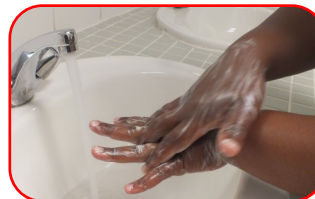
Zoonotic diseases and human spread



PREVENTION

Stay healthy. Protect yourself and others from infection

- ◆ Frequently clean hands by using alcohol-based hand rub or soap and running water



- ◆ When coughing and sneezing cover mouth and nose with flexed elbow or tissue - safely discard the tissue immediately and wash hands
- ◆ Avoid close contact with anyone who has fever and cough and has visited an affected country in the past 14 days to a month.

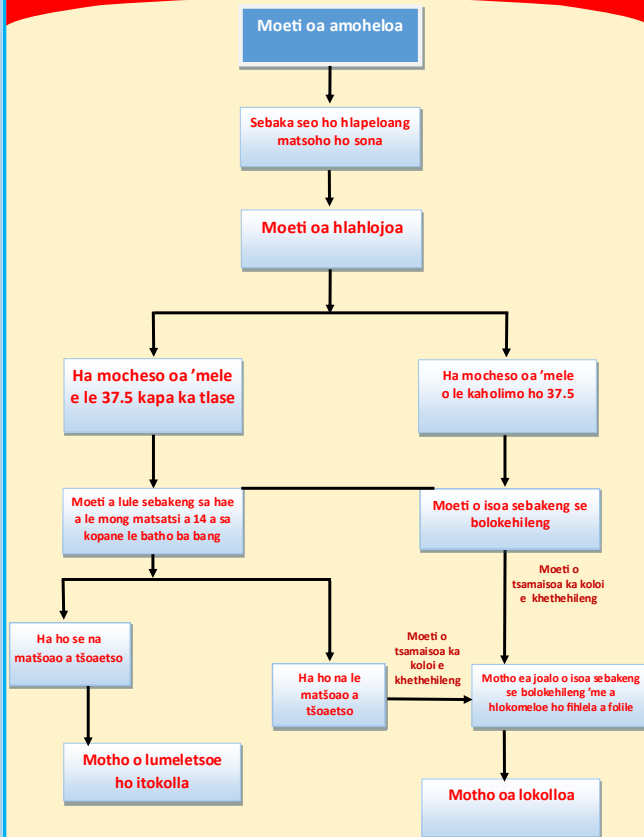


- ◆ If you have visited or lived in an affected area in the past 14 days to a month and are experiencing fever, cough and difficulty breathing, seek medical care immediately and share previous travel history with your health care provider. Be careful to not expose yourself to other people; rather call for help from your place of isolation.

Malibohong

Mosebeleletsi oa tsa Bophelo o lokela ho sebelisa lisebelisoa tse nepahetseng tsa boitšireletso

MOKHOA OA TŠEBETSO TLHOKOMELONG EA BAETI BA TSOANG LIBAKENG TSE ANNGOENG KE COVID-19



Linaha li etsang?

- ◆ Li lula li le malala-a-laotsoe bakeng sa batho ba ntseng ba tšoaetsoa bocha, le ho fana ka tlhokomelo ho batho ba seng ba tšoaelitsoe.
- ◆ Linaha li kentse tšebetsong mokhoa o hloahloa oa ho hlaloba baeti malibohong le hohle moo ba fumanehang teng.
- ◆ Linaha li arolelana litaba le botsebi ebile li ikamahanya le tataiso ea mokhatlo oa lefatše oa bophelo

Ha u hloka thuso letsetsa:

Dr. Ranyali - 58844544 le

IHR - 58852916

Bakeng sa litlhakisetso letsetsa:

Ntsoaki Mokete - 56622908/63473171 le

Seipati Lekoeneha - 58771826

U ka boela ua letsetsa nomoro ena e sa lefelloeng:

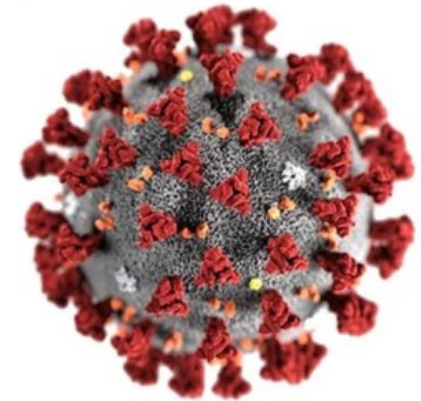
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Etsa ho nepahetseng ho thibela ho ata hoa kokoana-hloko



TSEBA KA

CORONAVIRUS (COVID-19)



Coronavirus ke eng?

- ◆ Coronaviruses ke sehlopha sa likokoana-hloko tse hlaselang liphoofole le batho
- ◆ Ho batho; likokoana-hloko tsena li ka baka bokuli bo kang sefuba se tloaelehileng, ha ka nako e 'ngoe li baka sefuba se sekhahla
- ◆ Tse ling tsa likokoana-hloko tsena tse amang liphoofole li ka tšoaetsa batho

Matšoafo a tloaelehileng :

- ◆ Mocheso o phahameng, ho khohlola, ho thimola, 'metso o bohloko, ho tsoa mamina, ho hema ka thata, le matšoafo a mang a sefuba se tloaelehileng

E tšoaetsanoa joang?

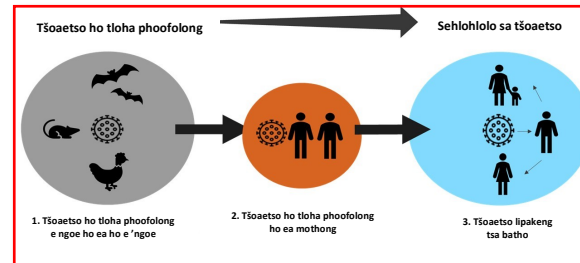
- ◆ Mofuta ona oa likokoana-hloko o fetela ho motho e mong ho tloha ho e mong ka marotholi ha motho ea nang le kokoana-hloko a khohlola kapa a thimola
- ◆ Marotholi a nang le tšoaetso ea kokoana-hloko, a itšoarella sebakeng se fe kapa se fe kapa lisebelisoa (tafole, mohala oa thekeng, buka, lebekere) moo teng motho e mong a ka tšoarang ka matsoho a hae 'me tšoaetso ea itšoarella matsohong a hae. Motho eo tšoaetso e seng e le matsohong a hae ha a pikitla mahlo a hae, a ikhoatha ka linkong kapa a ithetsa molomo ka letsoho o fetisetsa tšoaetso ka hare ho 'mele oa hae.
- ◆ Ho thetsana le motho ea tšoaelitsoeng joalo ka ho tšoarana ka matsoho. Marotholi a nang le tšoaetso ea kokoana-hloko, a itšoarella matsohong ha motho a khohlola kapa a thimola, moo teng ha a tšoarana le motho e mong ka matsoho a hae, tšoaetso e fetelang matsohong a motho e mong 'me e kene ka hare ho 'mele oa

hae ha a ipikitla mahlo, a ikhoatha linko kapa a ithetsa molomo ka letsoho.

Se tsejoang ka kokoana-hloko ena

- ◆ Ke mofuta o mocha oa kokoana-hloko ea corona o bitsoang COVID-19
- ◆ Tšoaetso ea kokoana-hloko ena e baka lefu la matšoafo le ka bang bobebe kapa la ba sekhahla
- ◆ Ba bang ba bakuli ba tšoaelitsoeng ke kokoana-hloko ena ba lahlehetsoe ke bophelo.
- ◆ Batho ba seng ba ntse ba e na le mathata a bokulo ba tlokotsing e kholo ea ho kula kapa ho lahleheloa ke bophelo

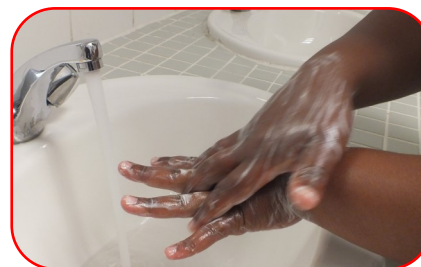
Tšoaetso ho tloha phoofoelong ho ea mothong



THIBELO

Boloka bophelo bo botle. Itšireletse le ho sireletsa ba bang khahlanong le tšoaetso

- ◆ Hlapa matsoho khafetsa ka sesepa le metsi a phallang kapa sesebelisoa se hlapang matsoho



- ◆ Koahela molomo le linko ka setsui kapa ka lesela le hloekileng ha u khohlola kapa u thimola- Ha u sebelisitse pampiri e minang, e lahlele moo ho bolokehileng 'me u hlope matsoho.
- ◆ Se ke oa kopana le motho ea nang le mocheso o phahameng 'me a khohlola hape a kile a etela linaheng tse angoeng ke kokoana-hloko ea corona matsatsing a leshome le metso e mene a fetileng ho isa khoeling.



- ◆ Ha u kile ua etela kapa ua lula ho e 'ngoe ea linaha le libaka tse angoeng ke kokoana-hloko ea corona matsatsing a leshome le metso e mene a fetileng ho isa khoeling 'me u e na le mocheso o phahameng, ho khohlola, le ho hema ka boima, batla thuso ka potlako 'me u bolelle mosebeletsi oa tsa Bophelo litaba tsa hau tsa boeti kantle ho naha. Ela hloko hore u se ke ua kopana le batho ba bang; letsetsa bosebeletsi ba tsa bophelo u le sebakeng se bolokehileng seo u leng ho sona.