

INSTRUCTIONS FOR CITIZENS for CORONAVIRUS INFECTION (COVID-19)

BE AWARE OF:

- ❖ How the virus spreads:
 - from person to person if the communication distance is less than 2 meters
 - through droplets of saliva if a sick person sneezes or coughs
 - by touching the eyes, nose or mouth with your hands
 - the most reliable protection - do not contact the virus!
- ❖ Follow the situation in the country from trusted sources!
- ❖ Do not share false information on social networks and messengers!
- ❖ If you have questions about coronavirus, call **1406**

UNIVERSAL PRECAUTIONS

PROTECT YOURSELF FROM CONTACT WITH THE VIRUS:

- ❖ Wash your hands often!
 - with soap and water for at least 20 seconds or alcohol-containing antiseptic
 - cover your mouth and nose with your hand or napkin when coughing or sneezing
 - throw your used tissue in the trash bin
 - be sure to wash your hands after sneezing, blowing your nose, or coughing
- ❖ Do not visit public places!
- ❖ Do not come in contact with people who are sick (people who have symptoms similar to the common cold or flu) without protective equipment!
- ❖ Do not contact live agricultural or wild animals without protective equipment!
- ❖ Keep a distance of 2 meters from people if a virus spreads in your city!

KEEP IT CLEAN:

- ❖ Wipe surfaces that you frequently touch (tables, door handles, light switches, phones, keyboards, toilets, taps, sinks, etc.) with a disinfectant (household chemicals) according to the manufacturer's instructions on the packaging.)
- ❖ Do wet cleaning twice a day using chlorine or other disinfectants
- ❖ Ventilate the room more often

TAKE CARE OF YOURSELF:

- ❖ Measure temperature twice a day
- ❖ Lead a healthy lifestyle, eat high-calorie food
- ❖ Cook meat and eggs until fully cooked
- ❖ Take vitamins that strengthen the immune system or eat foods with a high content of them

IF YOU BECAME SICK

- ❖ If you see have of SARS, call **103**
- ❖ Stay at home, contact people only by communication tools
- ❖ Wear a mask in the presence of other people, health workers

- ❖ Cover up your mouth when coughing and sneezing, and throw away used wipes immediately
- ❖ Avoid public transport and visit public places

TYPES OF QUARANTINE

- ❖ Quarantine – isolation-can be **inpatient** (in a hospital) or **home**, depending on your condition, the resources of the medical system, and other factors

When is it placed in INPATIENT QUARANTINE?

YOU ARE HOSPITALIZED IN THE HOSPITAL:

- ❖ For 14 days, if you arrived from **countries of category 1 A** (even in transit through another country):

- France	- Germany	- UAE
- Iran	- India	- Sri Lanka
- Italy	- Thailand	- Egypt
- Spain	- Malaysia	

and since the last visit less than 14 days have passed.

- ❖ For 1 day for laboratory testing on COVID-19 if you arrived from any other country with subsequent home quarantine for 13 days

These rules do not apply to you if you:

- *member of the government delegation*
- *holder of a diplomatic passport*
- *airline pilot*
- *member of locomotive crews*
- *a person associated with the transportation activities in railway transport*
- *the driver of the international road transport, goods*

In this case, your medical examination is carried out by the employer's medical services in accordance with the established procedure.

- ❖ If there are no conditions for isolation at home, **isolation in a hospital quarantine is recommended!**

❖ **Attention:** the Chief state sanitary doctor of the relevant territory has the right to make a decision on placement in inpatient quarantine of those who have arrived from any country, taking into account the current epidemiological situation in the region and the world!

What should I do if I am QUARANTINED in a HOSPITAL?

- ❖ **Remember:** they take care of YOU and do everything to make you recover!
- ❖ Follow all the doctors ' instructions for the benefit of yourself and all Kazakhstanis!
- ❖ Support the medical staff with a smile! They take risks, they are close to you when you need medical care, they are also waiting for you at home

- ❖ Don't panic, use your time for personal development (online courses, reading books)
- ❖ Follow **universal precautions for infection:**
 - *wash your hands frequently with soap and water for at least 20 seconds or with an alcohol-containing antiseptic!*
 - *cover your mouth and nose with your hand or napkin when coughing or sneezing!*
 - *throw your used tissue in the trash bin!*
 - *be sure to wash your hands after sneezing, blowing your nose, or coughing!*
 - *wear a mask in the presence of other people!*

When is it placed in HOME QUARANTINE?

- ❖ YOU SHOULD comply with home quarantine if you arrived from another country and are not placed in a hospital within 14 days

What to do in HOME QUARANTINE?

- ❖ Follow universal precautions for infection!
- ❖ Do not leave your home, except in extreme cases (buy food and medicine essentials)!
- ❖ Do not use cutlery, do not eat from one plate and do not pass on to others the food that you have bitten or tasted!
- ❖ Do not use a common towel and other items!
- ❖ Use online communication and online delivery!
- ❖ If you have fears contact your family members by phone or at a safe distance,
- ❖ Read official sources, improve your knowledge!
- ❖ Wipe **surfaces that you frequently touch** with a disinfectant (household chemicals) every day according to the manufacturer's instructions on the packaging:
 - tables, door handles, light switch, phones, keyboard, toilets, taps and sinks and so on
- ❖ Perform **wet cleaning** twice a day using chlorine or other disinfectants
- ❖ Ventilate the room more often

Mass prevention measures of COVID-19

INFORCED:

- ❖ quarantine and compliance with the sanitary and disinfection regime in medical organizations, medical and social facilities for the elderly and people with disabilities, children's homes, orphanages, social rehabilitation centers, educational institutions for disabled children, boarding schools
- ❖ **enhanced sanitation and disinfection regime in mass stay and life support objects** (shopping and entertainment centers, markets, public health centers, baths, religious buildings, utilities, food processing, catering, train stations, airports, service industries (beauty salons, ateliers and others):

- setting sanitizers for the treatment of hands,
- surface treatment at least twice a day,
- wet cleaning with the use of disinfectants,
- ventilation
- ❖ treatment with detergents and disinfectants of public transport before each flight, airports, railway and bus stations, supermarkets, markets, public transport stops (at least twice a day), railings of ground and underground pedestrian crossings, sports equipment, children's and sports grounds, benches and benches, ATMs, Bank terminals, POS-terminals
- ❖ treatment with detergents of public surface and underground pedestrian crossings, sidewalks, parks, squares, squares, adjacent territory to railway and bus stations, highways and markets
- ❖ sale of packaged food products, with the exception of fruits and vegetables
- ❖ provision of services to the public at retail and public catering facilities in disposable gloves that must be replaced at least twice a shift and in case of violation of integrity (sellers, cooks, waiters, cashiers and other employees who have direct contact with food)
- ❖ keeping the distance between tables at least 2 meters in food courts located on the territory of large shopping facilities

FORBIDDEN:

- ❖ audio, photo and video recording in healthcare organizations, ambulances, in premises designated by local Executive bodies for quarantine, as well as when medical care is provided at home by medical workers
- ❖ use of hookahs in catering facilities
- ❖ holding mass events (festive, sports, entertainment, cultural events, conferences, seminars, exhibitions, etc.);
- ❖ activities of cinemas, night clubs, fitness, gyms (centers), children's playgrounds at shopping and entertainment complexes, organizations of extracurricular additional education (development centers, education, clubs, electives, etc.), computer clubs of sports complexes (clubs, sections, etc.)

Special measures to protect CHILDREN

- ❖ students go on vacation from March 16 to April 5, 2020
- ❖ transfer to distance learning of educational organizations (to ensure maximum transfer if technically possible)
- ❖ compliance with the sanitary-disinfection regime in educational and upbringing organizations (ventilation, wet cleaning at least three times per shift, disinfection)
- ❖ quartz treatment of rooms in kindergartens
- ❖ carrying out the morning filter (examination when taking children into the group) in kindergartens
- ❖ prohibition of student excursions during the holidays and Emergency State

