What if I recently travelled to a country with reported cases and got sick?

If you travelled to a country where cases of the COVID-19 was detected, watch yourself for symptoms within 14 days after you left that country. If you develop symptoms and feel sick with fever, cough, or difficulty breathing, you should

• seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms;

• wear a mask if available

• avoid contact with others.

• do not travel while sick if possible.

• cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.

• wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. Use an alcohol-based hand sanitizer if soap and water are not available.

What can I do to protect myself and others?

To reduce exposure to and transmission of the illnesses, maintain basic hand and respiratory hygiene, and avoid close contact, when possible, with anyone showing symptoms of respiratory illness such as coughing and sneezing. In addition,

• frequently clean your hands by using alcohol-based hand rub or soap and water;

• when coughing and sneezing cover mouth and nose with flexed elbow or tissue –throw tissue away immediately and wash hands;

• avoid close contact with anyone who has fever and cough;

• If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.

CONTACT US

Ministry of Public Health-Guyana
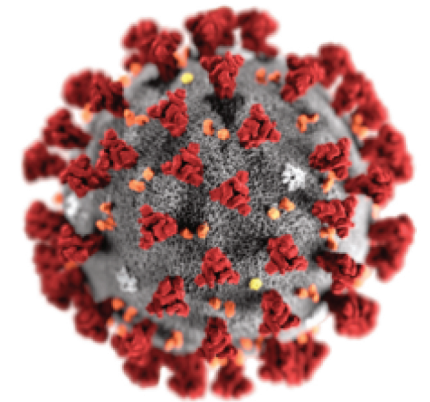Hotline# (592) 227 4986 ext 215/
624 3067

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PAHO

What You Need To Know

CORONAVIRUS DISEASE 2019 (COVID-19)

What is a Coronavirus?

Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

What is a Novel Coronavirus?

A novel coronavirus (CoV) is a new strain of coronavirus that has not been previously identified in humans.

What Coronavirus Disease 2019 (COVID-19)?

An outbreak of COVID-19 causing severe acute respiratory illness has been reported in Wuhan, China since December 21,2019.
This virus has not been previously identified and so, since it is new, there is still little known about it including its origin.
There is recent evidence of human to human transmission among cases both in and outside of China.

The virus belongs in the same family of coronaviruses as Severe Acute Respiratory Syndrome (SARS), which killed nearly 800 people globally during a 2002/03 outbreak that also started in China.

What are the symptoms of someone infected with a coronavirus?

Symptoms can be different depending on the type of coronavirus, but common signs include respiratory symptoms, fever, cough, shortness of breath, and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Frequent hand washing will remove viruses & bacteria from your hands

Can coronaviruses be transmitted from person to person?

Yes, some coronaviruses can be transmitted from person to person, usually after close contact with an infected patient, for example, in a household, workplace, or healthcare setting. Some reports also indicate people who have not yet developed symptoms may also be able to infect others.

Is there a vaccine for a novel coronavirus?

Presently, there is no vaccine for the COVID-19. When a disease is new, there is no vaccine until one is developed. It can take a number of years for a new vaccine to be developed.

Is there a treatment for COVID-19?

There is no specific treatment for disease caused by a novel coronavirus. However, many of the symptoms can be treated and therefore treatment is usually based on the symptoms on presentation.