



THE NAIROBI HOSPITAL

COVID 19 FAQs

Q. What is Corona Virus Disease 2019 or COVID19?

A. Corona Virus Disease 2019 (COVID19) is a new respiratory illness that can be spread from person to person via droplets and is caused by the SARS-COV-2 virus

Q. How is COVID19 spread?

A. COVID19 is spread through contact with droplets produced by a person who is sneezing or coughing or contaminated surfaces or objects.

Q. What are the symptoms of COVID19

A. COVID19 can cause symptoms like fever, cough and difficulty in breathing or shortness of breath

Q. What personal infection prevention measures can I take?

A.

- Washing your hands with soap and running water frequently or using an alcohol based hand sanitizer. Note after you must wash your hands after sanitising your hands on three consecutive occasions.
- Keeping a social distance of at least 1.5 metres or 2-3 steps from people with flu-like symptoms.
- Avoiding shaking hands, hugging or kissing with people with flu-like symptoms. Elbow bumps and foot taps are encouraged.
- Staying at home and avoiding travel when you have flu-like symptoms.

Q. What should I do if I think that I have COVID - 19 symptoms?

A. Call the Ministry of Health Hotline for further instructions and self-quarantine.

Q. How do I get in touch with the Ministry of Health Hotline?

A. They can be contacted directly by calling 0729471414 & 0732353535 or calling 719 or texting - *719#



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Q. What is self - quarantine?

A. Self-quarantine involves:

1. Using standard hygiene and washing hands frequently
2. Not sharing things like towels and utensils
3. Staying at home
4. Not having visitors
5. Staying at least 6 feet away from other people in your household
6. Disinfect commonly touched surfaces every day:
 - a. At least once per day, be sure to clean and disinfect commonly touched surfaces around your home, including:
 - i. Bathroom fixtures
 - ii. Counters
 - iii. Door knobs
 - iv. Keyboards
 - v. Phones

Q. What is close contact?

A. Close contact situations include:

- Working together in close proximity or sharing the same environment with a COVID-19 patient
- Travelling together with a COVID-19 patient in any kind of conveyance
- Living in the same household as a COVID-19 patient
- Health care associated exposure, including providing direct care for COVID-19 patients, working with health care workers infected with COVID-19, visiting patients or staying in the same close environment as a COVID-19 patients

Q. Is there a treatment for COVID-19?

A. There is no specific treatment. However, many of the symptoms can be treated and therefore treatment is given based on the patient's clinical condition. Moreover, supportive care for infected persons can be highly effective.

Q. Is there a vaccine for a COVID-19?

A. As this is a new disease, there is no vaccine at the moment



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