



PREPARING FOR COVID-19

A PERSONAL GUIDE

THE GOVERNMENT OF THE VIRGIN ISLANDS



#covid19bvi #covid19bepreparedbvi

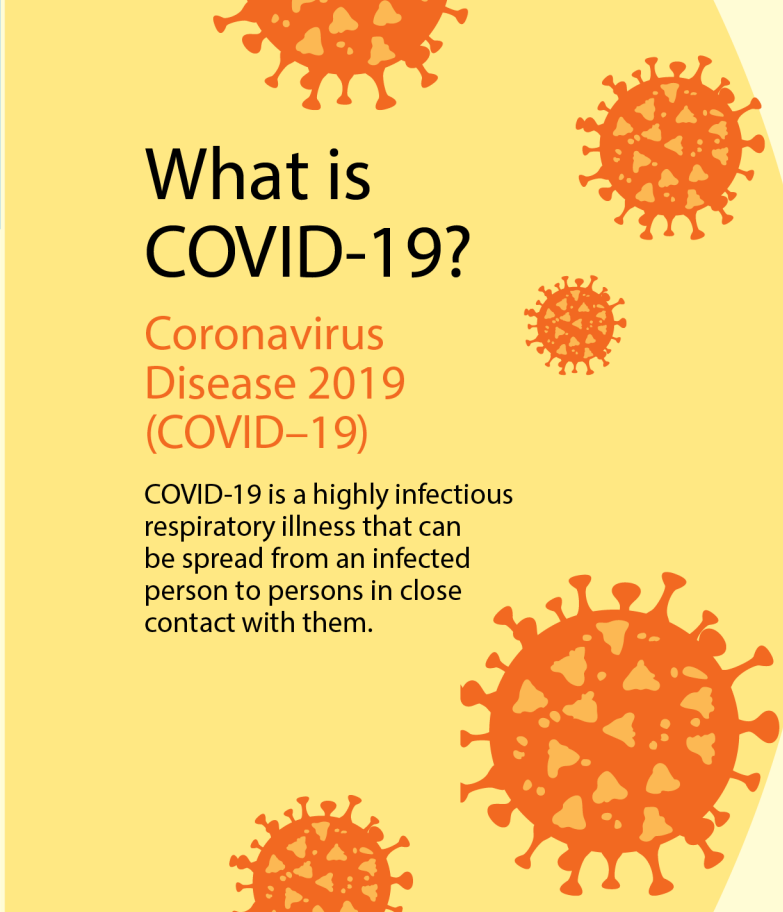
Being COVID-19 prepared will help you keep yourself and your loved ones SAFE.

This COVID-19 personal guide, will help prepare you to better protect yourselves, your loved ones and your communities from exposure to the COVID-19 Virus. It will hopefully address your major concerns and answer your most pressing questions.

The first thing you need to know is that most people will recover from COVID-19.

So, let's focus our energies on preparing for **effective prevention and treatment.**





What is COVID-19?

Coronavirus Disease 2019 (COVID-19)

COVID-19 is a highly infectious respiratory illness that can be spread from an infected person to persons in close contact with them.

How do you catch COVID-19?

An infected person can spread the virus to a healthy person if they are in close contact with each other (within about 2 meters / 6 feet) through droplets produced when an infected person coughs or sneezes.

It is also spread, through contact with contaminated surfaces that have been exposed to the virus by touching a surface or object that has the virus on it and then touching your own mouth, nose, or eyes.

Will I die if I catch COVID-19?

The vast majority of persons who contract COVID-19 have mild symptoms and fully recover in 2 weeks.



Source: Live Dashboard - Coronavirus COVID-19 Global Cases by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (JHU) as reported on March 23, 2020.

Who are most vulnerable to the **effects of COVID-19**?

The elderly and persons of any age with underlying health conditions, such as heart disease, diabetes, hypertension, chronic respiratory disease and cancer are at greater risk of severe illness from COVID-19.



Should I be worried if I am an elderly person?

It is extra important for elderly persons to reduce their risk of becoming infected with the COVID-19 virus as they are at much greater risk of severe illness from the disease.

Make sure you read on to know what you can do to help keep yourself and others healthy and how you can access care and treatment.

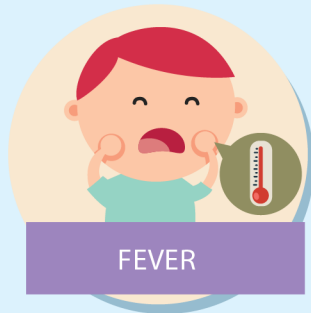


Are our children in danger?

Just over 2% of COVID-19 cases were under 18 years of age so far, and the effects have been generally mild, for these children and young adults.

Do I have COVID -19 if I am coughing or sneezing?

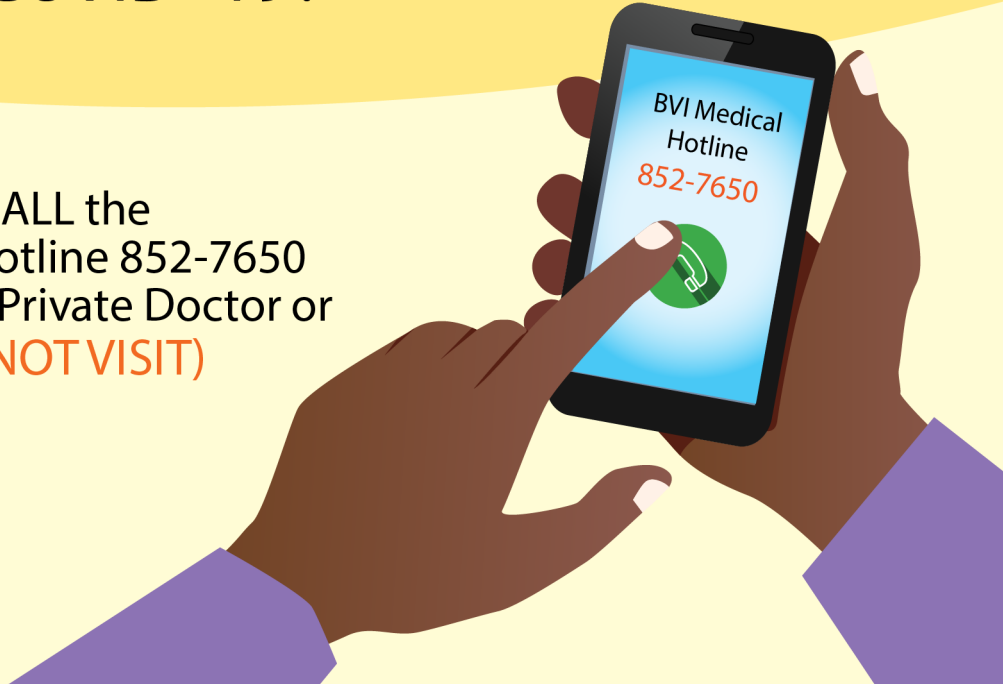
You are suspected to have COVID-19, only if you are experiencing flu-like symptoms such as:



And, you have been in one of the countries where there is community spread of COVID-19 during the previous 14 days, or think you may have come into close contact with a person or persons who have been exposed to or are carrying the disease.

What do I do if I think I have COVID -19?

STAY WHERE YOU ARE! CALL the COVID-19 BVI Medical Hotline 852-7650 for advice. Or CALL your Private Doctor or nearest Polyclinic. **(DO NOT VISIT)**



What happens after I am tested for COVID-19?

First remember that most persons who contract COVID-19 recover from the disease without needing special treatment.

If your test results are negative you are returned home and advised to get plenty of rest, and stay hydrated.

If your test results are positive for COVID-19 and your symptoms are mild, protocols will be instituted to ensure that you will not be able to infect others. You will be encouraged to get plenty of rest, stay hydrated and your symptoms will be monitored until you recover fully.

If your test results are positive for COVID-19 and your symptoms are severe, you will be isolated in a medical facility where supportive treatment may involve medication to reduce fever, fluids to reduce risk of dehydration and supplemental oxygen.



Will persons who recover from COVID-19 be able to infect others?

Persons who have fully recovered from COVID-19 and have been released from isolation do not pose a risk of infection to other people.



What is the difference between Quarantine and Isolation?

BVI Quarantine Act 2014

People are put in **quarantine** when they are not visibly sick but have been or may have been exposed to COVID-19. This decision is made based on travel history and level of risk of exposure to the virus, as determined by health authorities.

Self-quarantine or **home quarantine** means that you are required to isolate yourself in your home, avoiding contact with others for 14 days.

Isolation is complete separation from others when a person is infected.

Persons who are sick and/or symptomatic, and have a travel history, and/or has been in contact with someone who is suspected or tested positive for COVID-19 will be placed in isolation for 14 days to stop the spread of the disease.



How to Protect Yourself



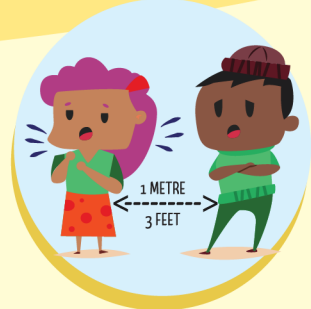
1. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.



2. Avoid touching your eyes, nose, and mouth with unclean hands.
3. Keep an alcohol-based sanitiser ready for times when soap and water are not available.



4. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
5. Stay at home when you are sick.



6. Keep your distance of at least 1 meter from anyone coughing or sneezing.
7. Practice no-touch greetings instead of handshakes or hugs. Wave, nod or exchange zero touch "namaste" type greetings.



Should I
protect
myself by
wearing a
mask?

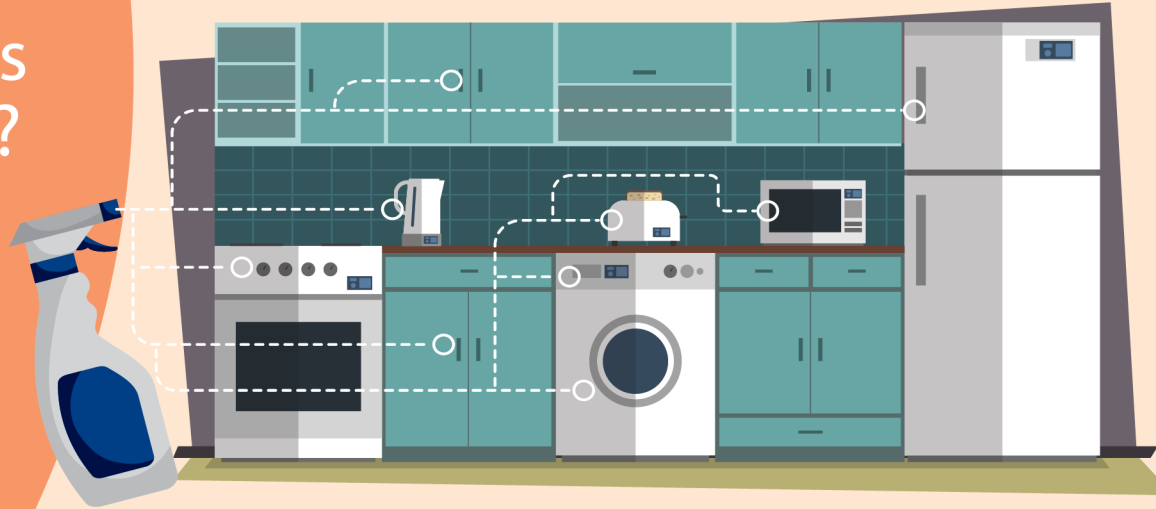
The World Health Organization (WHO) advises that if you are sick with symptoms of COVID-19 you should wear a mask to protect others around you. Your caregiver who will be in close contact should also wear a mask.

With the exception of caregivers, it is not necessary for persons who are not sick to wear a face mask.

How long will COVID-19 survive on surfaces or objects?

The virus can survive on objects from a few hours to a few days on hard surfaces such as plastic and stainless steel for up to 72 hours and on cardboard for up to 24 hours.

Frequently disinfect and sanitise surfaces you touch like desks, telephones, light switches, doorknobs, countertops, faucets, sinks and toilets.



How to Protect Your Loved Ones and Your Community



Don't sneeze or cough into your hands. Use a tissue and throw it away immediately, or sneeze in the inner side of your elbow.

If you have a fever, cough, or difficulty breathing, stay indoors. Don't travel or visit crowded places if you are sick.

Wear a mask if you are sick or if you are taking care of someone who has symptoms associated with COVID-19.

If you feel unwell, do not go to the hospital or your doctor. Call the designated hotline and follow the advice of health care professionals.



NOTE: ALL INFORMATION AND NUMBERS
ARE AS AVAILABLE AND REPORTED ON
MARCH 23, 2020.

DISCLAIMER: THIS PIECE IS FOR
INFORMATIONAL PURPOSE ONLY, IT IS NOT
A SUBSTITUTE TO A DOCTOR'S ADVICE OR
ANY PROFESSIONAL MEDICAL ADVICE.

THIS DOCUMENT WAS REVISED WITH
THE PERMISSION OF THE GOVERNMENT OF
BARBADOS IN COLLABORATION WITH THE
CARIBBEAN PUBLIC HEALTH AGENCY (CAPRHA).

Remember...

- Maintain good sanitary practices
- Sanitise surfaces
- Maintain social distance.
- Exchange zero touch greetings.
- If you feel unwell, do not go to the hospital or your doctor. Call the designated hotline and follow the advice of health care professionals.
- If you have a fever, cough, or difficulty breathing, stay indoors.
- Do not share or forward malicious or incorrect posts especially if they encourage fear. Only share credible information coming from **official sources**.
- For further queries, contact: 468-2276
visit www.bvi.gov.vg/covi-19

REFERENCES:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>