

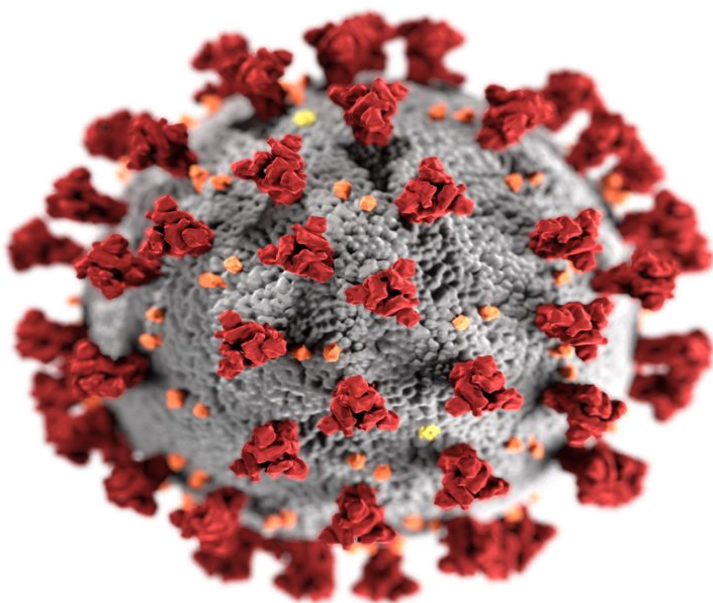


**UNIVERSITY OF
NAIROBI**

A world class university committed to Scholarly Excellence

COVID-19 BULLETIN

2020



26TH AUGUST 2020

**UNIVERSITY OF NAIROBI
HEALTH SERVICES DEPARTMENT**



GENERAL INFORMATION ON COVID-19

WHAT IS COVID

COVID-19 is a disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV.' The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common cold.

“Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person”

HOW DOES COVID SPREAD:

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

HOW IS THE UNIVERSITY HEALTH SERVICES HANDLING THE COVID PANDEMIC?

The department has made strategic changes in client handling practices to ensure efficient delivery of services while preventing the spread of the virus.













1. Triage, Screening and waiting area



2. Mobile Isolation Station

WHEN SHOULD I SEEK MEDICAL ADVICE?

HAVE I GOT A COLD, FLU OR COVID-19?			
SYMPTOMS	CORONAVIRUS	COLD	FLU
 FEVER	Common	Rare	Common
 FATIGUE	Sometimes	Sometimes	Common
 COUGH	Common (usually dry)	Mild	Common (usually dry)
 SNEEZING	No	Common	No
 ACHES & PAINS	Sometimes	Common	Common
 RUNNY OR STUFFY NOSE	Rare	Common	Sometimes
 SORE THROAT	Sometimes	Common	Sometimes
 DIARRHOEA	Rare	No	Sometimes for children
 HEADACHES	Sometimes	Rare	Common
 SHORTNESS OF BREATH	Sometimes	No	No

- If you experience any of the above symptoms, do not panic!!!
- Call the clinic and get advice from the healthcare providers

HOW CAN I PREVENT COVID-19 FROM SPREADING?

- Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- Maintain a safe distance from anyone who is coughing or sneezing.
- Wear a mask when physical distancing is not possible.
- Don't touch your eyes, nose or mouth.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.
- If you have a fever, cough and difficulty breathing, seek medical attention.

