

CORONAVIRUS

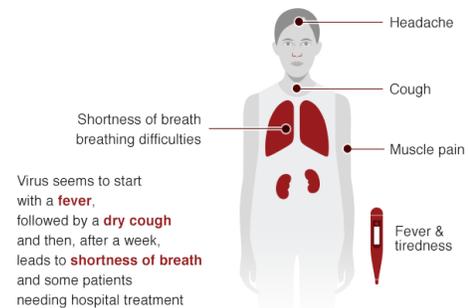
Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (2019-nCoV) is a new strain that has not been previously identified in humans. Current outbreak was first reported from Wuhan, China on 31 December, 2019.

Cases have been detected in several countries in Asia, but also in Australia, Europe, Africa and North America. First case of coronavirus was reported in Pakistan on 26 February, 2020.

SYMPTOMS OF CORONAVIRUS (COVID-19)

The virus can cause pneumonia. Those who have fallen ill are reported to suffer coughs, fever and breathing difficulties. In severe cases there can be organ failure. As this is viral pneumonia, antibiotics are of no use. The antiviral drugs we have against flu will not work. Recovery depends on the strength of the immune system. Many of those who have died were already in poor health.

Symptoms of coronavirus (Covid-19)



PRECAUTIONS

1. **Wash your hands frequently**, regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
2. **Maintain social distancing**. Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing. When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease. Avoid touching sick animals.
3. **Avoid touching eyes, nose and mouth**. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick
4. **Practice respiratory hygiene**. Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

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5. Practice food safety. Use different chopping boards and knives for raw meat and cooked food. Wash your hands before eating and after eating. Thoroughly cook food.
6. Use a mask only if you have respiratory symptoms (coughing or sneezing), have suspected COVID-19 infection with mild symptoms, or are caring for someone with suspected COVID-19 infection.
7. Avoid all non-essential travel to China and countries where coronavirus have been reported.
8. If you have fever, cough and difficulty breathing, seek medical care early. Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention immediately.

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water



World Health Organization

Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue



Throw tissue into closed bin immediately after use



Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



World Health Organization

Practise food safety

Use different **chopping boards and knives** for raw meat and cooked foods



Wash your hands between handling raw and cooked food.



World Health Organization

Practise food safety

Even in **areas experiencing outbreaks**, meat products can be safely consumed if these items are **cooked thoroughly and properly handled** during food preparation.




World Health Organization