



Government of Sierra Leone
MINISTRY OF HEALTH AND SANITATION
Health Education Division

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Key messages on coronavirus

Facts about coronavirus

- The 2019 novel coronavirus (COVID-19) is a new virus that can make people sick.
- Signs and symptoms include fever, tiredness, and cough.
- Sickness from coronavirus can range from not too serious to very serious and even death. For most people, sickness from coronavirus is not too serious.
- Coronavirus can spread from person to person.
- There is currently no case of coronavirus in Sierra Leone.
- For updates and information about coronavirus preparedness and prevention in Sierra Leone, please visit the Government of Sierra Leone Ministry of Health and Sanitation Directorate of Health Security and Emergencies:
 - Website: <http://www.dhse.gov.sl>
 - Facebook page: Public Health National Emergency Operations Center, Sierra Leone
 - Twitter: @DhseMohs

Prevention

- Wash your hands frequently with soap and water.
 - Washing our hands with soap and water frequently kills viruses and is one of the best ways to keep healthy and help stop the spread of sickness.
- Use hand sanitizer if there is no water.
 - Using hand sanitizer kills viruses that may be on your hands.
- Avoid touching your eyes, nose and mouth with unwashed hands.
 - Hands touch many surfaces and can pick up viruses that are on those surfaces. When your hand touches a virus and then you touch your eyes, nose or mouth, the virus can enter your body and can make you sick.

- Cough and sneeze into your upper arm or sleeve.
 - When you cough or sneeze, you spray small liquid droplets from your nose or mouth which may contain virus.
 - Coughing and sneezing into your upper arm or sleeve helps stop the droplets from spreading to others and onto surfaces.
- Avoid close contact with any person 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 to a person with coronavirus who coughs or sneezes, you can breathe in the droplets and also get the sickness.
- Avoid shaking hands. Use other non-contact ways of greeting others, such as a nod, wave, or bow.
 - Hands touch many surfaces and can pick up virus from those surfaces and spread it to other people through shaking hands. When your hand touches a virus and then you touch your eyes, nose or mouth, the virus can enter your body and can make you sick.
- Avoid physical contact and keep safe distance (arms'-stretched length) from others at social and public gatherings.
 - Coronavirus spreads from person to person so avoiding places where there are many people close together will make it harder for the sickness to spread.
- Regularly clean and disinfect surfaces like doorknobs, toilets, tables and handrails with alcohol-based disinfectant or detergent.
 - Disinfecting surfaces kills viruses that are on those surfaces and helps stop the spread of sickness.
- Face masks are only recommended for people who have signs and symptoms of coronavirus and for people caring for someone who has signs and symptoms.
- If you plan to travel to any country where coronavirus is spreading, consider delaying your traveling until after the outbreak. If you must travel, it is important to follow advice for coronavirus prevention very closely to protect yourself and others.

What to do if you have signs and symptoms

- If you have fever, tiredness, and cough, call 117 right away.
 - Make sure to tell 117 if you or someone you know has traveled to another country in the last 14 days.
 - Getting early treatment can protect your family and loved ones from getting the sickness.

- If you have signs and symptoms while traveling, inform the transport staff or call 117 so they can help you get the care you need.
 - Getting early treatment can protect and save lives.
- Avoid travel if you have a fever or cough.

Social media tips

- Knowledge is power, but when information shared is not based on facts and evidence, it can spread rumors and cause fear, panic and even harm.
- It is important to always make sure information is from a trusted source before sharing.
 - Key trusted sources include the Government of Sierra Leone, World Health Organization (WHO), and the Centers for Disease Control and Prevention (CDC).
 - It is good to cross-check with the website of the source to make sure what is being shared is actually true.
- You can help others stay healthy and prevent coronavirus by sharing messages on coronavirus put out by the Government of Sierra Leone.

Traveling to Sierra Leone

- If you have traveled to or transited through, within the last 14 days before arriving in Sierra Leone, any country with **50 or more** confirmed cases of coronavirus, you will be required to enter facility quarantine for up to 14 days.
- If you have traveled to or transited through, within the last 14 days before arriving in Sierra Leone, any country with **less than 50** confirmed cases of coronavirus, you will be required to home quarantine for up to 14 days.
 - Home quarantine means you must stay at home for up to 14 days and a surveillance officer will check on you every day. You must not leave your home at any point during that time.
- It is possible a person who has traveled to or transited through a country with ongoing spread of coronavirus may have come in contact with coronavirus and could carry the sickness into Sierra Leone. If a person gets sick from coronavirus once in Sierra Leone, they could spread the sickness to others. That is why it is important to have a way to monitor those travelers for up to 14 days before they move around in Sierra Leone.
- The length of time a person will spend in quarantine depends on how many days have passed since they traveled to or transited through a country with ongoing spread of coronavirus.
- Travelers in quarantine will be checked for signs and symptoms of coronavirus everyday by trained health workers.

- If a person in quarantine does not show signs and symptoms of coronavirus in the 14 days after they left the country with ongoing spread of coronavirus, the person can leave quarantine and continue their travel in Sierra Leone.
 - A person who has been released from quarantine is not considered a risk for spreading coronavirus to others.
- If a person shows signs and symptoms of coronavirus while in quarantine, the person will be given the care that they need and tested for coronavirus.
- Visitors are not allowed to visit those in quarantine.