



## COLLEGE OF HEALTH AND WELL-BEING, KINTAMPO

Weekly Bulletin Covid-19, Vol 1- Released Date: 23/03/2020



### Topic: The Novel Corona Virus Disease (COVID-19)

#### **Global Situation @ 22/03/2020 | 14:40 GMT**

Confirmed-316,187, Deaths-13,592, Recovered-94,175, CFR-4.3%

#### **Ghana's Situation @22/03/2020 | 18:40 GMT**

Confirmed-24, Deaths-1, Recovered-0, CFR- 4.2%

#### **COHK's Measures in Place against COVID-19 as at 22/03/2020**

Emergency committee in place

Hand sanitizers have been distributed to staff

Ban on social activities and commercial vehicles on campus

COVID-19 Hotlines have been posted at the in-gate and out-gate of the College

Entry gate from the Hospital and the Municipal Hall to the College have been closed

Veronica Buckets with medicated soap and tissue have been placed at vantage points for hand washing

#### **What is COVID-19?**

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). The novel coronavirus (COVID-19) is a new strain that has not been previously identified in humans.

#### **Mode of Spread**

COVID-19 mainly spreads from person-to-person among close contacts (about 6 feet). Person-to person spread occur usually via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

#### **How to Suspect COVID-19**

A patient with acute respiratory illness (fever and at least one sign/symptom of respiratory disease eg., cough, shortness of breath), AND a history of travel to or resident in a locality reporting community transmission of COVID19 disease during the 14 days prior to symptom onset.

A patient with acute respiratory illness, And having been in contact with confirmed or probable COVID-19 case in the last 14 days prior to symptom onset.

A patient with severe acute respiratory illness (fever and at least one sign/symptom of respiratory disease, eg., cough shortness of breath; AND requiring hospitalization) AND in the absence of an alternative diagnosis that fully explains the clinical presentation.

#### **Prevention**

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

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 70% alcohol.

Avoid close contact with people who are sick.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Stay home when showing signs of COVID-19 and call COVID-19 Hotlines for help.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces regularly.

#### **COVID-19 HOTLINES, KINTAMPO NORTH MUNICIPALITY**

0208556179

0202536044

0244535475

**BY: COHK'S COVID-19 PUBLIC HEALTH EMERGENCY COMMITTEE**