

Lab with capacity to test for COVID-19 in New Providence



MINISTRY OF HEALTH

For more information, contact these
Ministry of Health Agencies:

Facility	Telephone:	
Elizabeth Estates Clinic	(242) 324-2897	324-2923
Fleming St. Clinic	(242) 322-6720	322-1321
Flamingo Gardens Clinic	(242) 361-6429	361-6430
South Beach Health Centre	(242) 392-1783	392-2123

Surveillance Unit

MINISTRY OF HEALTH

Tel: (242) 502-4790 /4776 or 4737

In Grand Bahama, contact

Tel: (242) 350-6700 ext. 2353 or (242) 359-4541

COVID-19 Hotlines

Tel: (242) 376-9350 (8:00 am. - 8:00 pm.)

(242) 376-9387 (8:00 pm. - 8:00 am.)

Email: covid19@bahamas.gov.bs

HOW CAN I PROTECT MYSELF FROM THE CORONAVIRUS?



WASH
YOUR HANDS
FREQUENTLY



MAINTAIN GOOD
HYGIENE HABITS
AT ALL TIMES

USE TISSUES WHEN
COUGHING OR
BLOWING NOSE



WASH AND
PREPARE FOOD
CAREFULLY



EXERCISE AND PROPER
SLEEP WILL BOLSTER
THE IMMUNE SYSTEM



Health Education Division

Ministry of Health

healtheducationdivision@bahamas.gov.bs

www.bahamas.gov.bs/health

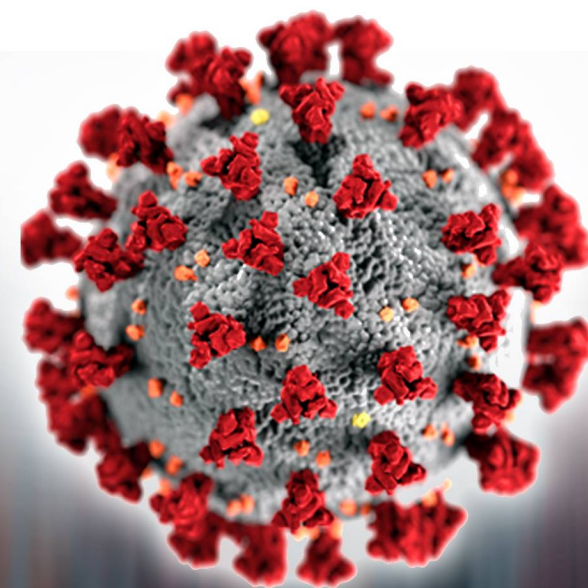
References:

The Centers for Disease Control and Prevention
(CDC, 2020). Coronavirus. Retrieved from
<https://www.cdc.gov/coronavirus/types.html>

World Health Organization (WHO, 2020). Coronavirus.

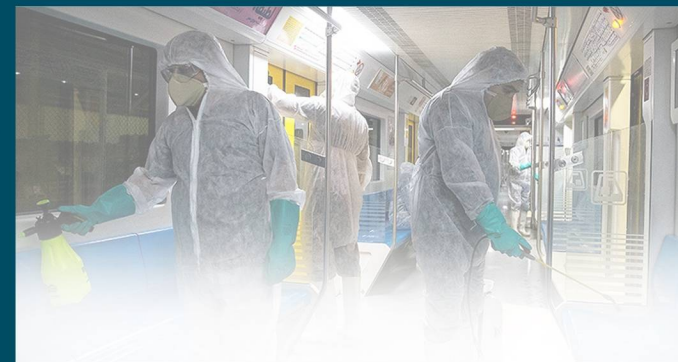
Retrieved from:

<https://www.who.int/health-topics/coronavirus>



COVID-19

The Coronavirus



Infectious Diseases

What are the CORONAVIRUSES? (COVID-19)

The Coronaviruses are a large family of viruses that are found in animals and humans. Human coronaviruses have been around for a while and were first detected in the mid-1960s. Some coronaviruses that infect animals can make people sick and become a new human coronavirus. Examples of these include Middle East Respiratory Syndrome or MERS-CoV, Severe Acute Respiratory Syndrome or SARS-CoV and the new strain recently detected in Wuhan, China, the 2019 Novel Coronavirus (2019-nCoV), now called COVID-19.



SYMPTOMS

Symptoms may appear 2-14 days after exposure to COVID-19. Persons with confirmed COVID-19 infections have illnesses ranging from little to no symptoms to having severe illness and dying.

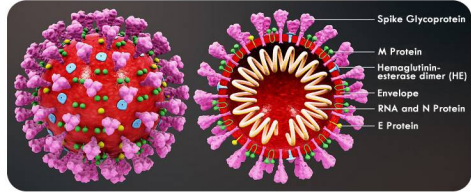
- Symptoms include respiratory illness with:
- Fever
 - Shortness of breath
 - Cough
 - Difficulty breathing

In severe cases, infection can cause:

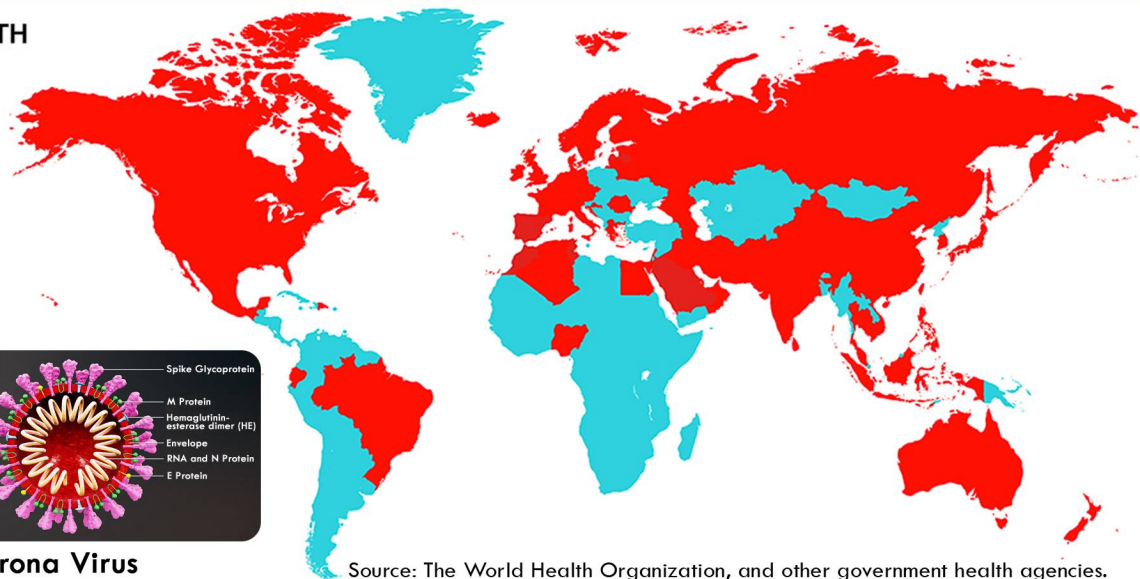
- Pneumonia
- Severe acute respiratory syndrome
- Kidney failure
- Death

COUNTRIES WITH CONFIRMED CORONAVIRUS CASES

Shown in Red
[March 3rd, 2020]



The Corona Virus



Source: The World Health Organization, and other government health agencies.

TRANSMISSION

COVID-19 may be spread from person-to-person if an individual is in close contact with someone who has this virus. If an infected person coughs or sneezes, they may release respiratory droplets in the air or onto surfaces. Someone can become infected if they inhale the droplets or touch the surface where the droplets have landed, then touch their eyes, nose or mouth.



There are currently no vaccines to prevent COVID-19 infection.

PREVENTION

The best way to prevent COVID-19 infection is to avoid being exposed to this virus. As a reminder, we recommend these everyday preventive actions to help stop the spread of respiratory viruses:

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Cover your mouth and nose with tissue. Throw the tissue away right after use and wash your hands immediately.
- Cough or sneeze in your elbow if you do not have tissue. Never cough or sneeze directly into your hands.
- Clean and disinfect all surfaces and objects that are frequently touched.
- Avoid close contact with anyone who has a cough, is sneezing or has a fever.
- Stay at home if you are sick.

If you think you are experiencing symptoms of COVID-19, CALL YOUR HEALTHCARE PROVIDER.