COVID-19
Prevention Guidelines

Easy Read
# COVID-19 Prevention Guidelines (Easy Read)

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Chapter 1

What is COVID-19
What is COVID-19

COVID–19 is a disease caused by a virus

Name of Virus:
SARS-CoV-2

It was first found in
December 2019

It was first identified in
Wuhan, Hubei Province, China
Symptoms

Body temperature > 38°C

Coughing

Short of breath

Diarrhea
Shadows on lungs’ X-ray

Weak in limbs

May caused death if it’s serious

Some might not show symptoms at all
How is COVID-19 Spread

By aerosol droplets

May contract it by having hotpot with others

May contract if living with someone who was infected

May contract if working with someone who was infected
May contract if there is a gas leak in sewage system at home

May contract by eating wild animals/game meats
Chapter 2

Prevention Guidelines
Prevention Guidelines

Wash hands frequently for at least 20 seconds each time

Wear a face mask properly

Do not touch the eyes or nose

Cover mouth and nose during a cough or a sneeze with tissue paper
Disinfect soles of shoes before entering household

Change immediately after going out

Disinfect any personal belongings

Cover the toilet when flushing it
Pour water into the U-traps regularly

Use 1:99 bleach water to clean the house or objects

Avoid crowded places

Keep a distance of 6-foot (2 metres) when talking with others
Do not share utensils

See a doctor as soon as symptoms show
Chapter 3

Wash Your Hands
When to Wash

After coughing or sneezing

Before visiting a patient

After visiting a patient/leaving the patient’s room

Before meal
After handling food

After toilet use

Dirty hands

After touching any animals
As soon as arriving at home

After touching public facilities/objects

Carry hand sanitizers around and use it to clean hands if hand washing is not possible at the time
How to Wash

Use water and soap

Wash for at least 20 seconds

Seven steps of hand washing:

1. Palms
2. Backs of hands

3. Between the fingers

4. Backs of fingers

5. Thumbs
6. Fingertips

7. Wrists

Rinse thoroughly with water

Dry with paper towel

Use paper towel to turn off water tap
Chapter 4

Face Masks
When to Wear

When leaving home

When in public transportation

During classes
At work

At hospital/clinic

In shopping malls, supermarkets or markets

In parks or during hikes
How to buy

At reliable pharmacy, supermarkets or online shops

Consider which type to buy

Consider the price
Comparison of Masks

1. Filtering bacteria effectively

Surgical Masks
Filter bacteria and virus spread by aerosol droplets

N 95 Masks
Filter airborne bacteria and virus
Comparison of Masks

2. Cannot filter bacteria/virus

Activated Carbon Masks
Absorb smells and organic gas only

Cotton Masks
Filter large particles only

Sponge Masks
Filter pollens, dusts and suspended particles

Paper Masks
Filter large particles and droplets
How to Wear

1. Before
   Wash hands with soap

2. Taking out the mask
   Use clear hands
   Only touch the ear loops

3. Check the mask
   Open the mask and check for cracks or defects
   The side with colour should face out, the wire should be on top
4. **Wear the mask**
   - Put the ear loops over the ears

   ![Image of wearing the mask]

   Pull the mask down to cover the chin. Adjust the ear loops to ensure the mask fits snugly.

5. **Gently press on wire**
   - Press wire on top of nose

   ![Image of pressing on the wire]

   Use index finger to press on the wire on top of the nose
6. Check the mask
   Check in the mirror to see if the mask fits properly

7. After
   Wash hands with soap immediately
How to dispose

1. Before taking off
   Wash hands with soap

2. Take off the mask
   Take off by holding the ear loops

3. Fold the mask
   Fold the mask inside out
   Avoid touching the outside of the mask
4. Seal the mask
   Seal it in a ziplock back, paper bag or used envelop

5. Dispose the mask
   Dispose the mask
   In a covered trash bin

6. After taking off
   Wash hands with soap again

7. DISCARD all used masks
   DO NOT reuse
Chapter 5

Mental Health
How to Maintain Mental Health

Be aware of body-mind-spirit balance

Self-regulation of emotions

Set up regular timetable for daily lives

Care for friends and family
Appendix
Appendix 1: Timeline of COVID-19

Wuhan, Hubei Province, China

December 2019
- The disease was found at Wuhan South China Seafood Wholesale Market

January 1, 2020
- Wuhan South China Seafood Wholesale Market was shut down for disinfection
China

January 11, 2020
● Announcement of first fatal case of COVID-19

January 23, 2020
● Announcement of “lockdown” of Wuhan
Hong Kong

January 21, 2020
- Announcement of first case of infection

January 25, 2020
- Announcement of suspension of classes before February 17 for kindergarten, primary schools and secondary schools

January 28, 2020
- Announcement of border closures at High Speed Rail West Kowloon Station, suspension of all Hong Kong-China High Speed Rail and Ferry services
February 4, 2020
- First fatal case of COVID-19 in Hong Kong

February 5, 2020
- Announcement of compulsory 14-day quarantine of people entering from China

February 8, 2020
- Implementation of compulsory quarantine

February 13, 2020
- Announcement of suspension of classes continued until March 16

February 19, 2020
- 2nd fatal case of COVID-19
World Health Organization

January 20, 2020
● Acknowledged that the virus can be transmitted human-to-human

January 30, 2020
● Declared COVID-19 as Public Health Emergency of International Concern

February 11, 2020
● The novel coronavirus disease was named Coronavirus disease 2019 (COVID-19)
Appendix 2:
Useful Information of Prevention

Hong Kong Special Administrative Region: “Together, we fight the virus!” Website

Coronavirus in HK by vote4.hk 😔

World Health Organization
https://www.who.int/emergencies/diseases/novel-coronavirus-2019
| **Publication** | Chosen Power  
(People First Hong Kong) |
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<tr>
<td><strong>Text</strong></td>
<td>Chan Tsun Kit</td>
</tr>
<tr>
<td><strong>Illustration and Cover Design</strong></td>
<td>Chow Tak Hung Simon</td>
</tr>
</tbody>
</table>
| **Easy Read Consultancy Team** | Chung Wing Kin  
Hui Wai Man  
Lai Tai Yiu  
Tam Carman |
| **Editor & Translator** | Michele Chung@  
The Common Humans |
| **Date of Publication** | February 2020 |