For more information, contact these Ministry of Health Agencies:

<table>
<thead>
<tr>
<th>Facility</th>
<th>Telephone</th>
<th>Fax</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elizabeth Estates Clinic</td>
<td>(242) 324-2897</td>
<td>324-2923</td>
</tr>
<tr>
<td>Fleming St. Clinic</td>
<td>(242) 322-6720</td>
<td>322-1321</td>
</tr>
<tr>
<td>Flamingo Gardens Clinic</td>
<td>(242) 361-6429</td>
<td>361-6430</td>
</tr>
<tr>
<td>South Beach Health Centre</td>
<td>(242) 392-1783</td>
<td>392-2123</td>
</tr>
</tbody>
</table>

**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.) or
(242) 376-9357

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:

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

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

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
- Cough
- Shortness of breath
- 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]

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.

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.