

INSTRUCTION FOR CORONOVIRUS INFECTION

Methodical instructions for COVID-19 spread precautions

1. Regulatory References

These Methodical Instructions for COVID-19 Spread Precautions have been developed in accordance with the following documents:

1. On measures to ensure the safety of the population of the Republic of Kazakhstan in accordance with the Decree of the President of the Republic of Kazakhstan «On the Introduction of a State of Emergency in the Republic of Kazakhstan». Resolution of the MH RK № 32 of 09.04.2020.
2. On strengthening quarantine measures. Resolution of the MH RK № 33 of 14.04.2020.
3. Decree of the Chief State Sanitary Doctor of the Republic of Kazakhstan of April 14, 2020 № 33-PGVr «On strengthening quarantine measures». Resolution of the MH RK № 34 of 17.04.2020.

2. General recommendations

The guidelines define the precautions for the spread of COVID-19.

1. Wash often your hands with soap. Hand hygiene is an important preventive measure in spreading coronavirus infection. Hand washing with soap removes viruses. If you cannot wash your hands with soap, use alcoholic or disinfectant wipes.
2. To remove viruses, clean and disinfect surfaces (tables, door handles, chairs, gadgets, etc.) and rooms regularly.
3. Observe the distance and the etiquette. Viruses are transmitted from the sick to the healthy person by airborne droplets (when sneezing, coughing, and talking), therefore keep a distance of at least 2 meters from each other. Avoid touching the eyes, nose or mouth with your hands and the coronavirus spreads in these ways.
4. Wear a mask or use other handy protective equipment to reduce the risk of disease. When coughing or sneezing, cover your mouth and nose.

Disposable wipes need to be discarded after use.

To reduce the risk of disease, avoid unnecessary travel and visiting crowded places.

5. To protect yourself and your loved ones from infection, it is crucial to wear the mask correctly:
 - The mask should be carefully secured, covering your mouth and nose tightly and not leaving any gaps;
 - be careful not to touch the mask when removing it. If you touch it, wash your hands thoroughly with soap or alcohol;

- if the mask is wet or damp, replace it with a new, dry mask;
- masks may be of different designs, disposable, or reusable. To prevent self-infection, do not wear the same mask all the time;
- do not reuse a disposable mask. If a disposable mask is used, it must be immediately discarded.

6. If you find symptoms of coronavirus infection in yourself or a relative living with you, stay home and see a doctor immediately. First call the Medical Facility and report any recent travel or contact with travelers (if available). By calling for medical help, specialists will be able to refer you quickly to a suitable medical facility. It will also help prevent the possible spread of COVID-19. Follow the doctor's instructions, observe bed rest and drink as much fluid as possible.

7. Lead a healthy life. Maintain a healthy regime, including full sleep, consumption of food rich in proteins, vitamins and minerals, physical activity. A healthy lifestyle increases the body's resistance to infection.

3. Symptoms and possible complications of COVID-19.

Symptoms of coronavirus infection: high body temperature, chills, headache, weakness, stuffy nose, cough, difficulty breathing, muscle pain, conjunctivitis. In some cases, there may be symptoms of gastrointestinal disorders: nausea, vomiting, diarrhea.

Complications of coronavirus infection: among the complications is leading viral pneumonia. Deterioration of the condition with viral pneumonia is rapid, and many patients develop respiratory failure within 24 hours, requiring immediate respiratory support with mechanical ventilation of the lungs. The rapid onset of treatment helps to alleviate the severity of the disease.

Dear University staff and instructors! You can protect yourself and others if you use proven information on coronavirus infection (COVID-19) and apply the necessary preventive measures. Follow the recommendations of your local health authorities.