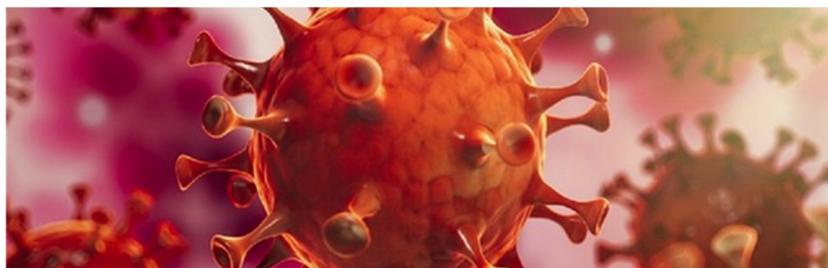


Swen lakay pou pasyan ki
pa egzije ospitalizasyon pou
COVID – 19

(Kowonaviris/ Coronavirus)



We Care Together!



St. Maarten Medical Center

KI SA KI COVID-19?

Yon nouvo viris yo rele COVID-19 (Nouvo Kowonaviris 2019) la se yon viris respiratwa yo te detekte pou premye fwa Lachin. Kounya viris la nan plus ke 100 peyi nan monde lan.

What are the symptoms?



Fever



Cough



Fatigue



Sore throat



Shortness
of breath

KI JAN POU PRAN SWEN ON MOUN KI GEN VIRIS COVID-19

- Pasyan ak viris la dwe rete nan yon anviwonman ki gen anpil laire naturel.
- Limite mouvman nan kay la sitou nan kote tout moun pataje yo, tankou kwizin et twalet. Sitou pa bliye pou kite fenet yo ouvri pou vantilasyon.
- Tout moun ki na kay la ta dwe na chanm pa yo et ak on distance de 2 met.
- Nou ankouraje pasyan ak viris la pou pran anpil le fre deyo wa.

PREKOSYON POU MOUN KAP PRAN SWEN PASYAN AK VIRIS LA

- Moun ki ap pran ran swen pasyan'an pata dwe gen tansyon wo, diabet, dyaliz, ansent, ecetera

- Evite visit lakay la si se pa gin ijans.
- Lave men ou yo souvan ak savon epi dlo tyèd pandan omwen 20 segon epi seche men ou ak sevyet papye. Si ou pa gen sevyet papye, sevi on sevyet, men fok li prop.
- Si men ou pa twop sal, ou ka sevi on alkol men (hand sanitizer) ki gen plus ke 60% alkol.
- Pasyan'an dwe mete yon mask tou tan si sa posib pou li pa pase viris la. Si ou vreman pakab sipote mask la,
 - ⇒ le ou estenye kouvri bouch ou ak sevyet papye.
 - ⇒ Pa bliye pou jete sevyet papye ou sevi lew fini.
- Moun ki ap okipe pasyan'an dwe kouvri bouch ak nin yo tou. Pa manyen mask la avek min ou pandanw ap okipe moun nan. Si mask la mouye ou byen li ta sal, retire li epi pran youn ki pwop.
- Pa itilize mask ak gan ou te sevi deja yo. Kou ou fini avek yo se jete yo imedyatman.
- Sevi ak menm lin kabann lan ak kije manje pou paysan an. Atik sa yo ka lave ak dlo avec savon. Epi yo ka itilize lin yo anko apre ou lave yo.
- Evite kontak direk ak likid ki soti na ko pasyan'an.
- Evite manyen zye'w, nin'w e bouch ou sitou si ou pa lave min'w anvan.

NETWAYAJ AK DISENFEKSYON

Netwaye ak dezenfekte-- savon nan kay regilye oswa savon lave an dwe sevi pou netwaye ak rensè. Ou ka swiv pa dezanfekte ak yon solisyon nan yon (1) pati regilye klowoks nan nef (9) dlo pati. Pou pemet pou pi bon dezenfekte, sifas la ta dwe mouye pou omwen dis (10) minit.

- **Netwaye ak dezenfekte** sifas chak jou yo ke nou touche souvan e sal la kote pasyan'an ye; egzanp : kabann na, tab yo et lot meb chanm.
- Pa bliye 1 fwa pa jou pou **Netwaye ak dezenfekte** twalet la konpletman e nenpot gan reutilizabl.

- Gan ak rad pwoteksyon (aprons plastik) ta dwe itilize le'w ap netwaye oswa le'w ap manyen rad oswa lenn sal ak likid ko.
- Mete rad ki kontamine yo nan yon sak lesiv. Pa souke sak lesiv la e evite materyel kontamine yo ak po'w, rad ou et figi'w.
- Tout sa ou te sevi pou pasyan'an ki te fe kontak ap likid kol, dwe al nan fatra. Ou dwe mare sache ya e jete li chak jou.
- Pa pataje bosdan, sigaret, sa ou sevi pou manje, asyet, bwason, sevyet, dra kabann oswa lot bagay pasyan'an tap sevi direktman
- **Kontinyelman kontwole sentom yo.** Si sentom yo ta pi mal, tanpri cheche plis konsey medikal.

POU SWEN SAN IJANS

- Si ou gen eksperyans sentom grav epi ou gen kesyon oswa bezwen Konsey, tanpri rele sevis prevansyon kolektif sou numero sa yo: **914** oswa +1 721 542-1122 / +1 721 542-1222.
- Tanpri pa vini lopital la sof si sevis prevansyon kolektif di pou'w fe sa.

POU SWEN IJANS

- Si pasyan an mande plis swen ijans (egzanp difikilte pou respire), tanpri rele sevis anbilans yo sou numero sa: **912** (oswa + 1 721 542-2111) pou plis asistans ak/oswa enstriksyon.

How to Remove Gloves

To protect yourself, use the following steps to take off gloves



1 Grasp the outside of one glove at the wrist. Do not touch your bare skin.



2 Peel the glove away from your body, pulling it inside out.



3 Hold the glove you just removed in your gloved hand.



4 Peel off the second glove by putting your fingers inside the glove at the top of your wrist.



5 Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.



6 Dispose of the gloves safely. Do not reuse the gloves.



7 Clean your hands immediately after removing gloves.

PROPER HAND HYGIENE TECHNIQUES

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



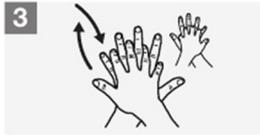
Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

PROPER HAND HYGIENE TECHNIQUES

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

 **Duration of the entire procedure: 20-30 seconds**



Apply a palmful of the product in a cupped hand, covering all surfaces;



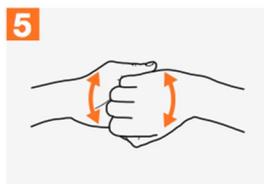
Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



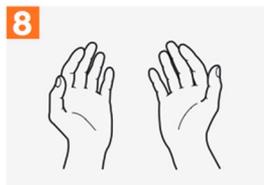
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clapsed in right palm and vice versa;



Rotational rubbing, backwards and forwards with clapsed fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.

Contact information

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