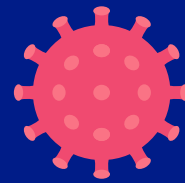


COVID-19

Coronavirus



Guidance for Religious Gatherings

The following frequently asked questions are provided by the Ministry of Health for religious gatherings in Bermuda.

You are encouraged to share this information with your congregation, especially the information in the 'Should I worry about COVID-19?' section. These details will help to prevent the spread of diseases.

What is the COVID-19?

The virus belongs in the same family of coronaviruses as the common cold, as well as more serious diseases such as Severe Acute Respiratory Syndrome (SARS), 2002/03 outbreak (Reuters, CDC) and Middle East Respiratory Syndrome (MERS-CoV), 2012 outbreak.

This 2019 virus is a new strain of coronavirus that has not been previously identified in humans.

What are common signs and symptoms of infection?

A person infected may have the following symptoms:

- Fever
- Shortness of breath
- Cough
- Breathing difficulties
- Other flu like symptoms

More severe cases: pneumonia, severe acute respiratory syndrome, kidney failure and even death

How is it transmitted?

Currently, the source of the outbreak is yet to be identified. Early information found samples from the environment in the Huanan Seafood Wholesale Market in Wuhan City, China but several of those infected did not visit the market.

The virus has also been detected in health care workers caring for ill cases. Cases who have come in contact with sick persons have developed illness, indicating that person-to-person transmission has taken place.

Precautions must therefore be taken to prevent human-to-human transmission of the disease.

It is currently unclear what the routes of transmission of COVID-19 are. However, from what we know from experience with other coronaviruses such as the Middle East Respiratory Syndrome coronavirus (MERS-CoV) and Severe Acute Respiratory Syndrome coronavirus (SARS-CoV), they are mainly transmitted by:

- large respiratory droplets and direct or indirect contact with infected secretions or objects where infected secretions have landed;
- body fluids (e.g., blood, sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea);
- there have been some instances when airborne transmission of other coronaviruses was thought to have taken place through exposure to aerosols of respiratory secretions and sometimes fecal material;
- coughing or sneezing;
- COVID-19 can be spread by individuals that exhibit no symptoms;
- COVID-19 is NOT spread by water, mosquitoes or food.

Should I worry about COVID-19?

Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care. It is therefore quite normal for you to worry about how the COVID-19 outbreak will affect you and your loved ones.

We can channel our concerns into actions to protect ourselves, our loved ones and our community. First and foremost among these actions is:

- Regular and thorough hand-washing with soap and water. If soap and water aren't immediately available use an alcohol-based hand sanitizer.
- Avoid touching your eyes, mouth, and nose.
- Practice good respiratory hygiene. Cover your cough or sneeze.
- If you are unwell stay at home. Do not go to school, work or attend social gatherings.

How can I get more information?

For more information visit: coronavirus.gov.bm

