

Let's help prevent the spread of COVID-19¹

What to do in order to prevent it and protect myself?

You will be able to find information and daily updates regarding the current outbreak of coronavirus disease (COVID-19) on the [WHO's website](#) and the [Chilean Ministry of Health's website](#).

In most cases, people show common signs of infection, including respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. However, some cases can be more severe.

Standard recommendations to prevent infection spread include the following:

- **Regular hand washing**
- **Covering mouth and nose when coughing and sneezing**
- **Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing**
- **Avoid touching eyes, nose and mouth**
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Keep yourself updated and follow instructions of health care professionals

Stay aware of the latest information on the COVID-19 outbreak. Follow the Ministry of Health instructions on how to protect yourself and others from COVID-19.

How to use masks?

- If you are healthy, you only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection.
- Wear a mask if you are coughing or sneezing.
- Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- If you wear a mask, then you must know how to use it and dispose of it properly.

How to put on, use, take off and dispose of a mask

- Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.

¹ The information on the outbreak has been obtained from the World Health Organization's webpage.

- Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
- Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.
- To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

Symptoms

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually.

How does COVID-19 spread?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

If you experience fever, coughing and breathing difficulty, seek prompt medical attention.

Tell your provider of any recent travel to areas in China where 2019-nCoV has been detected or contact with travelers who have been to areas in China where 2019-nCoV has been detected.

Risk

Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. About 2% of reported COVID-19 cases have died.

If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. These symptoms may have diverse causes and, depending on your personal circumstances, 2019-nCoV may be one of them.

What should I do if I feel unwell while at the University?

If you develop fever, cough and difficulty breathing, seek medical advice promptly.

Inform the PUCV's International Program emergency contact and seek immediate medical attention at the nearest hospital or clinic using a mask. Tell your provider of any recent travel to areas in China where 2019-nCoV has been detected or contact with travelers who have been to areas in China where 2019-nCoV has been detected.

What should I do if I feel unwell while at my homestay?

If you develop fever, cough and difficulty breathing, seek medical advice promptly.

Inform the PUCV's International Program emergency contact and seek immediate medical attention at the nearest hospital or clinic using a mask. Tell your provider of any recent travel to areas in China where 2019-nCoV has been detected or contact with travelers who have been to areas in China where 2019-nCoV has been detected.

How do I use my health insurance?

If the health authorities suspect you are infected, the Government will provide the test and bear the cost in order to confirm your diagnosis. Depending on the medical institution and on how serious your condition is, the authority will determine whether you can recover at home or if you have to remain in the hospital.

PUCV's International Program staff will monitor your case so that your insurance can be used. It is crucial that you know how it works, who you should call and what is covered if you are infected. Since you will be isolated, it is important that you provide the PUCV's International Program emergency contact information so that your Home University and family can be contacted.

What happens if the University Medical service professionals suspect that I am infected?

If the doctors suspect you are infected, they will immediately inform the International Program emergency contact and you will be referred to the ER of the nearest hospital or clinic. Once there, the protocols defined by the health authority will be activated.

What happens if the hospital professionals suspect that I am infected?

If the health authorities suspect you are infected, the Government will provide the test and bear the cost in order to confirm your diagnosis. Depending on the medical institution and on how serious your condition is, the authority will determine whether you can recover at home or if you have to remain in the hospital.

PUCV's International Program staff will monitor your case so that your insurance can be used. It is crucial that you know how it works, who you should call and what is covered if you are infected.

Since you will be isolated, it is important that you provide the PUCV's International Program emergency contact information so that your Home University and family can be contacted.

Who should I contact to inform my family?

You should reach PUCV's International Program emergency contact:

Mónica Ramos
+56 9 63 07 88 17