CORONAVIRUS
COVID-19

UFRJ has been developing a series of initiatives to combat the global epidemic of COVID-19, a disease caused by the new coronavirus that emerged in China at the end of 2019. To monitor the crisis, a multidisciplinary working group with health researchers was created in order to develop actions to guide, diagnose, and treat possible cases.

How to reduce the risk of infection?

Wash your hands thoroughly with soap and water for at least 20 seconds at every opportunity. Otherwise, use rub sanitizers containing 60% to 70% alcohol. Always avoid touching your eyes, nose, and mouth.

Avoid crowds and environments without adequate ventilation.

Avoid close contact with sick people, or those with respiratory signs or symptoms; be careful with possibly contaminated objects (handrails, door handles, cell phones, switches, taps, shopping carts, etc.).

Whenever possible, open the windows of the classrooms and laboratories to ventilate the rooms, and avoid using air conditioning.

At least during this period of uncertainty, greet others without shaking hands and avoid kisses and hugs.

A person within one of the following situations should be considered a suspected case:

Situation 1: fever and at least one respiratory symptom (cough, shortness of breath, among others) and history of travel to an area with community transmission at least 14 days prior to the appearance of signs or symptoms.

Situation 2: fever and at least one respiratory symptom (cough, shortness of breath, among others) and close contact with a suspected case of Coronavirus (SARS-CoV-2) at least 14 days prior to the appearance of signs or symptoms;

Situation 3: fever or at least one respiratory symptom (cough, shortness of breath, among others) and close contact with a confirmed case of Coronavirus
SARS-CoV-2 at least 14 days prior to the appearance of signs or symptoms.

**In case you show symptoms:**

Frequently disinfect touched surfaces and objects, preferably with alcohol 70%.

Cover your mouth and nose when coughing or sneezing with a disposable mask or tissue paper if possible and throw it away afterwards.

If your hands have come into contact with used tissue paper or secretions, you should clean them immediately so as not to contaminate other surfaces.

Protective masks (disposable) must be worn by patients (when in contact with other individuals) and by people directly involved in the treatment.

It must be taken into account, however, that the use of masks alone without the adoption of other protective measures (such as washing hands) is ineffective.

If you experience shortness of breath or have unusual respiratory symptoms, inform your immediate boss or your professor.