



# UNIVERSITY OF EMBU

## Officer of the Registrar(PAF)

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### Frequently asked questions about Covid-19 pandemic

Members of Staff in the office of Registrar (PAF) have worked to adhere to Ministry of Health (Kenya) and World Health Organization (WHO) guidelines to enhance prevention of spread of Covid-19 Virus. Below is a team that works in Registrar PAF's office.



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In order to keep members of the department informed the departmental-champion on corona virus infection sensitization has been raising awareness on FAQ. These are as follow:

1. What is Corona Virus?

**Answer:** Coronavirus is a virus that causes an infection in the nose, sinuses, or upper throat.

2. How does COVID-19 spread?

**Answer:** COVID-19 is spread from one person to another through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks. In addition, COVID-19 can also be spread through touching of



infected surfaces there after transferring the droplets to a person's system through eyes, ears, nose or mouth.

3. Is there a vaccine, drug or treatment for COVID-19?

**Answer:** Currently there is no vaccine, drug or treatment for COVID-19 however, the following are measures of prevention:

- a) Clean hands frequently and thoroughly with soap using running water or use an alcohol-based sanitizer,
- b) Proper wearing of a surgical or fabric mask,
- c) Avoiding touching your eyes, mouth and nose,
- d) Cover your cough with the elbow or tissue. If a tissue is used, dispose of immediately after use and wash your hands with soap and running water,
- e) Maintain a distance of at least 1.5 metres from others.

4. What type of masks are recommended by WHO?

**Answer:** Surgical or fabric masks which contain at least three layers. These masks prevent transmission of the virus from others to the wearer and vice versa.

5. There is a common myth that drinking alcohol protects a person against COVID-19. Is this true?

**Answer:** Drinking alcohol does not protect a person against COVID-19 and can be harmful to person's health.

6. How should a surgical or fabric mask be worn properly?

**Answer:** How to wear a mask

- a) Wash hands with soap and running water or sanitize before touching the mask,
- b) Adjust the mask to fit face without leaving gaps on the sides,
- c) Cover the mouth, nose and chin,
- d) Avoid touching the mask,
- e) Clean or sanitize hands before removing the mask.

7. How to dispose mask after use?

- a) Remove the mask by the straps behind the ears or head,
- b) Keep the mask away from the face surfaces while removing it,
- c) Dispose the surgical mask immediately after use preferably into a closed bin,
- d) Wash hands with soap and running water after discarding the mask.

8. How does contact tracing work?

**Answer:** It includes several steps:

- a) **Defining contacts:** a contact is a person who has been exposed to someone infected with COVID-19.



- b) **Identifying contacts:** this is done through an interview with the person infected with COVID-19 to find out who they have been in contact with.
- c) **Informing contacts:** After identification, each contact is thereafter contacted by phone or in person to determine if they meet the definition and then be monitored.
- d) **Managing and monitoring:** thereafter, the contact person identified should be encouraged to self-isolate.

9. What happens if a contact is identified?

**Answer:** If an individual is confirmed as a contact, she/he is encouraged to practice self-isolation. the contact person identified should be encouraged and supported to stay in quarantine, which means to separate from others in order to limit the possibility of exposing other people to infection should they become ill.

10. When should contact tracing be implemented?

**Answer:** As soon as a person is confirmed to have interacted with a person infected with COVID-19 virus.

11. What is the difference between self-isolation, self-quarantine, physical and social distancing?

**Answer:**

- a) Quarantine means restricting activities or separating people who are not ill themselves but may have been exposed to COVID-19.
- b) Isolation means separating people who are ill with symptoms of COVID-19 and may be infectious to prevent the spread of the disease.
- c) Physical distancing means keeping a distance of at least 1.5 metres from one other.
- d) Social distance means keeping a safe space between yourself and other people who are not from your household.

In conclusion, COVID-19 spreads from one person to another through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks. Prevent spread of COVID-19 by cleaning hands frequently and thoroughly with soap and running water, wearing a surgical/ fabric mask correctly, avoid touching eyes, mouth and nose, covering cough with the elbow or tissue and maintaining a distance of at least 1.5 metres from others.

