

# CORONAVIRUS **PROTECTION**



**Dear participants and guests!**

**Protect yourself and others from COVID-19.  
Brief information on COVID-19 and measures against spread of infection.**

Coronavirus disease (COVID-19) is an infectious disease caused by the coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people and those with underlying medical problems are more likely to develop serious illness.

People with a high risk of serious illness should be warned not to attend the event. Risk factors include:

- absence of a full course of vaccination;
- > 65 years of age;
- Expectant mothers;
- Moderate to severe asthma;
- Chronic lung disease;
- Serious heart conditions;
- Immunocompromised;
- Severe obesity;
- Diabetes;
- Liver disease;
- Oncological disease;
- Living in a nursing home or long-term care facility.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads.

**The COVID-19 virus spreads mainly:**

- **through the breathing of an infected person,**
- **through surfaces or items he\she touches,**
- **through shaking his\her hands,**
- **through droplets of saliva or nasal discharge when he coughs or sneezes** (so it is also important to follow respiratory etiquette - for example, coughing into a bent elbow).

If COVID-19 is spreading in your community, protect yourself and others from infection by vaccination, washing your hands or using an alcohol based rub frequently, using masks and not touching your face. Stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing \ sneezing into a bent elbow or tissue.

Check local advices where you live, train, compete, and work. **Do it all!**

Use the following resources for self-education, self-defense and correct behavior during the COVID-19 pandemic:

**1 - WHO homepage on COVID-19:**

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>  
<https://www.who.int/teams/risk-communication/covid-19-transmission-package>

**2 - CDC homepage on COVID-19 (Protect yourself and others):**

[https://apps.who.int/iris/bitstream/handle/10665/332293/WHO-2019-nCov-IPC\\_Masks-2020.4-rus.pdf?sequence=20&isAllowed](https://apps.who.int/iris/bitstream/handle/10665/332293/WHO-2019-nCov-IPC_Masks-2020.4-rus.pdf?sequence=20&isAllowed)  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

### **3 - WHO Video- Medical Staff / Delegation Education Options:**

- Novel Coronavirus 2019

<https://youtu.be/mOV1aBVYKGA>

- How to protect yourself while travelling

<https://www.who.int/news-room/articles-detail/updated-who-recommendations-for-international-traffic-in-relation-to-covid-19-outbreak>

### **4 - WHO Video- Athlete/Delegation Education Options:**

- How to protect yourself

<https://youtu.be/bPITHEiFWLc>

- How to protect yourself while travelling

<https://www.youtube.com/watch?v=gmm5dgjy4no>

### **What to do to keep yourself and others safe from COVID-19**

--- **Get vaccinated.** Authorized COVID-19 vaccines can help protect you from COVID-19. You should get a COVID-19 vaccine when it is available to you.

--- **Maintain at least a 1,5-metre distance between yourself and others** to reduce your risk of infection when they cough, sneeze or speak. Maintain an even greater distance between yourself and others when indoors. The longer away - the better.

#### **--- Avoid:**

- handshaking,
- kissing,
- and hugging.

#### **--- Make wearing a mask a normal part of being around other people.**

Here are the basics of [how to wear a mask](#):

- Clean your hands before you put your mask on, as well as before and after you take it off.
- Make sure it covers your nose, mouth and chin.
- Put on, take off and dispose of used mask correctly (if possible, put the used mask in a bag and throw this bag with mask into the trash can). Don't leave your used mask anywhere, be sure to put it in the trash can.
- Antibacterial and antiviral protection is not guaranteed by anyone when wearing cloth masks.
- Avoid using masks with valves.

--- **Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.** This eliminates germs including viruses that may be on your hands.

--- **Avoid touching your eyes, nose and mouth.** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

--- **Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.** Then dispose of the used tissue immediately into a closed bin and wash your hands. By following good 'respiratory hygiene', you protect the people around you from viruses, which cause colds, flu and COVID-19.

--- **Clean and disinfect surfaces frequently especially those which are regularly touched**, such as door handles, faucets, keyboards, and phone screens etc.

--- **Regularly ventilate the area where you are living, working, staying etc.**

--- **Avoid crowded places with poor ventilation.**

#### **Dear participants and guests!**

COVID-19 **Delta** and **Omicron** strains are very contagious. You must wear masks at all times during the competition inside the MGA building / facility, the Subsidiary Training building / facility, in the transport, in your hotel. An exceptions are the periods of time when you eat, train directly on the carpet / apparatus in the Training hall or perform on the Field of play (then put on the mask), as well as while in the hotel room (if you are with members of your delegation in the room). If other people are nearby, be sure to wear masks.

**Remember that following the rules indicated above will help you and your team avoid infection and successfully compete.**

Avoid risky habits on the FOP. The unsafe practices related to virus transmission are:

- Spitting on the hands before performances;
- Shaking hands with or hugging others;
- No chalk (either powder or liquid) will be provided by the LOC. The delegations may bring only liquid chalk, if they actually need it;
- Any close physical interaction than absolutely necessary between gymnasts and coaches.

#### **What to do if you feel unwell**

--- **Know the full range of symptoms of COVID-19:** Today's COVID-19 spreading is associated with the **Delta** and **Omicron** strains, which is more contagious and of the high degree of transmissibility than previous strains. The main symptoms of the disease are almost the same. Now they are more like a common cold. The most common symptoms of COVID-19 are:

- **headache,**
- **sore throat,**
- **congestion or runny nose,**
- **fever or chills,**
- **cough.**

The **Delta** strain is named "gastric syndrome" or "gastric covid" due to the following symptoms:

- **diarrhea, nausea, vomiting.**

The **Omicron** strain can have the following symptoms:

- **frequent sneezing, night sweats, haze in smb's mind.**

Other symptoms that are less common and may affect some patients include:

- **unusual tiredness,**
- **loss of taste or smell**
- **abnormal dyspnea or difficulty breathing**
- **muscle or body aches,**
- **red eyes,**
- **or a skin rash.**



Pay attention to emergency warning signs of COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- **Trouble breathing,**
- **Persistent pain or pressure in the chest,**
- **Sudden confusion,**
- **Diarrhea, nausea, vomiting,**
- **Inability to wake or stay awake,**
- **Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone.**

- **Dear Heads of delegations, Coaches, Team doctors, Officials and Athletes. Immediately report to Local Organizing Committee any symptoms, even minor ones, that you may feel, see in your teammates, or that you are aware of. We will take appropriate measures in time. Be sure that the information has reached the LOC.**

- **If you are in a hotel, stay in your hotel room and self-isolate, contact your Head of delegation / Coach / Team doctor / LOC immediately for advice. Be sure that the information has reached the LOC.**

**LOC contact numbers:**

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

1



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

2



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

3



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks

4



To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water

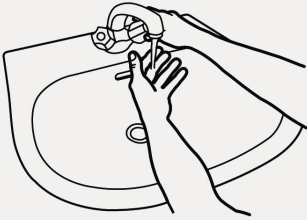
# How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB



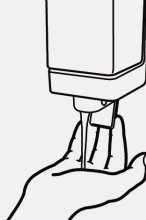
**Duration of the entire procedure: 40-60 seconds**

**0**



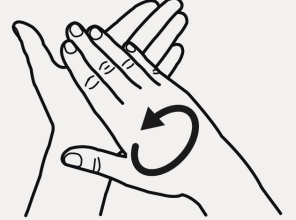
**Wet hands with water;**

**1**



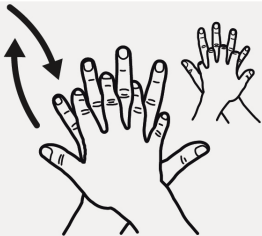
**Apply enough soap to cover all hand surfaces;**

**2**



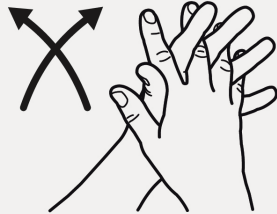
**Rub hands palm to palm;**

**3**



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

**4**



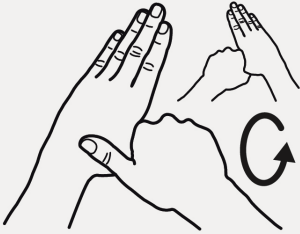
**Palm to palm with fingers interlaced;**

**5**



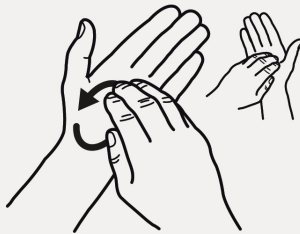
**Backs of fingers to opposing palms with fingers interlocked;**

**6**



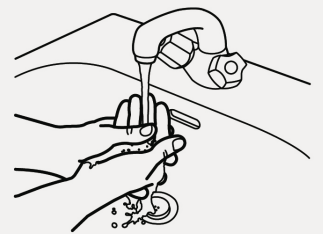
**Rotational rubbing of left thumb clasped in right palm and vice versa;**

**7**



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

**8**



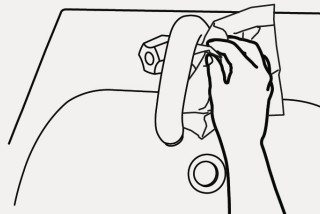
**Rinse hands with water;**

**9**



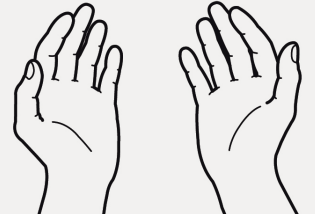
**Dry hands thoroughly with a single use towel;**

**10**



**Use towel to turn off faucet;**

**11**



**Your hands are now safe.**



**World Health Organization**

**Patient Safety**

A World Alliance for Safer Health Care

**SAVE LIVES**

Clean **Your Hands**

# Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



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# Protect yourself and others from getting sick

## Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



# Protect others from getting sick

When coughing and sneezing  
**cover mouth and nose** with  
flexed elbow or tissue



**Throw tissue into closed bin**  
**immediately after use**

**Clean hands** with alcohol-based  
hand rub or soap and water  
after coughing or sneezing and  
when caring for the sick

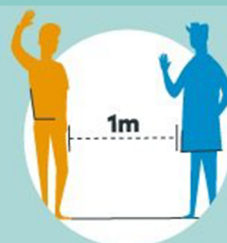


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# HOW TO PROTECT YOURSELF FROM COVID-19

HOW THE COVID-19 VIRUS SPREADS

DO THIS TO PROTECT YOURSELF AND OTHERS





Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.

Greet people with a wave, a nod or a bow instead.

Should I avoid shaking hands because of the new coronavirus?



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#Coronavirus #COVID19

9 March 2020

No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves.

You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and can infect you.

Is wearing rubber gloves while out in public effective in preventing the new coronavirus infection?



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# How can I grocery shop safely in the time of COVID-19?



When grocery shopping, keep at least 1-metre distance from others and avoid touching your eyes, mouth and nose. If possible, sanitize the handles of shopping trolleys or baskets before shopping. Once home, wash your hands thoroughly and also after handling and storing your purchased products.

There is currently no confirmed case of COVID-19 transmitted through food or food packaging.

17 April 2020

#Coronavirus

#COVID19



# How should I wash fruit and vegetables in the time of COVID-19?



**Wash them the same way you would in any other circumstance.**

Before handling them, wash your hands with soap and water.

Then, wash fruit and vegetables thoroughly with clean water, especially if you eat them raw.

17 April 2020

#Coronavirus

#COVID19



# Can COVID-19 be spread through coins and banknotes?



**There is currently no evidence to confirm or disprove that COVID-19 virus can be transmitted through coins or banknotes.**

However, respiratory droplets expelled from an infected person can contaminate and persist on surfaces.

Wash your hands regularly and thoroughly after touching any frequently-touched surface or object, including coins or banknotes. Avoid touching your eyes, mouth and nose, if your hands are not cleaned.

17 April 2020

#Coronavirus

#COVID19

