

CORONAVIRUS AWARENESS SESSION

24th April 2014



Horizon brought in a local hospital to give a lecture on the Mers-CoV, a respiratory virus similar to the Severe Acute Respiratory Syndrome virus, to the staff. The academy takes matters of health and safety seriously and the management was keen to raise awareness on precautions that can be taken to avoid contracting the virus.

The World Health Organization (WHO) says MERS appears "increasingly" likely that novel coronavirus can be passed between people in close contact. It is advised to follow the tips below to help prevent respiratory illnesses:

- Wash your hands often with soap and water for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer.
- Cover your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth with unwashed hands. Wear masks during Hajj or Umrah, especially if you are an elderly, pregnant, or have medical conditions giving you low immunity.