



Novel Coronavirus

(COVID-19)

COVID-19 is a respiratory illness caused by a novel (new) coronavirus that originated in China in late 2019, and has now spread to numerous countries including the United Arab Emirates.

Symptoms



Fever



Cough



Shortness of breath



Headache



Sore throat



Pneumonia

Who is at risk?



TRAVELERS



OLDER PERSONS

Returning from travel to Hot Zones countries (China, South Korea, Italy & Iran)

And those with UNDERLYING CONDITIONS are at highest risk of severe illness

How it spreads



People who are in close contact with one another (within about 1.8 meters).



Through respiratory droplets produced when an infected person coughs or sneezes.

Prevention

Avoid potential exposure. Ensure good hygiene measures and safe food practices.

- Avoid direct contact with animals (live or dead) and their environment. Do not touch surfaces that may be contaminated with animal droppings.
- Avoid physical contact, such as hugging or shaking hands
- Keep some distance from people who are obviously sick.
- Maintain good personal hygiene.
 1. Wash your hands frequently using soap and water.
 2. Carry hand sanitiser for use when soap and water are not readily available.
 3. Avoid touching your face.
 4. When sneezing, cover your nose and mouth with inside of your elbow or using a tissue instead of your hand.



Prevention & Advice for Travelers

If you are located in an area/building/location inland (UAE) that has been classified by the UAE government as a high risk area, the Department of Health will approach you and issue an official document advising you to self-quarantine. Anyone issued with this document should make contact with the Human Capital team (details below) as soon as possible to inform them of this. If you have not been issued with such a document you should report to work as usual.



Hot Zones Countries (currently China, South Korea, Iran and Italy, but updates will be provided should this list change per Department of Health guidance)

Our direction for people returning from either a business mission or personal trip abroad from a country listed as a Hot Zone country is to contact your line manager to inform them of your arrival to the UAE, not return to work, and contact Human Capital Employee Relations:

- [ENEC employeeeshappinessteam@enec.gov.ae](mailto:ENEC_employeeeshappinessteam@enec.gov.ae)
- [Nawah employee-relations@nawah.ae](mailto:Nawah_employee-relations@nawah.ae)

Our expectation is that people who self-quarantine will, wherever possible, work from home. If you have a family member, visitor or friend visiting or returning from a Hot Zone country (currently China, South Korea, Iran and Italy) we advise that you do not come into physical contact with them for 14 calendar days while still coming to work, and follow these guidelines. If you have concerns, please email the above mentioned employee relations teams and they will provide guidance.

Symptoms of Influenza vs. COVID-19

Symptoms	Seasonal flu	Corona
Fever	Rare	High
Fatigue and tiredness	Minor	Strong
Nasal obstruction and cold	Basic and fades away in one week	No nasal obstruction and cold
Headache	Minor and rare	Strong and continuous
Sneeze	Basic	Very rare
Sore throat	Basic	Rare
Coughing	With phlegm	Without phlegm – dry cough
Body aches	Simple and rare	Major
Chest pain	Minor to medium	Strong