



Ministry of healthcare of the Republic of Kazakhstan



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CORONAVIRUS DISEASE (COVID-19) ADVICE FOR THE PUBLIC

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STAY INFORMED

HOW THE VIRUS IS SPREADING:

- From person to person if they do not maintain at least a two-meter distance between them;
- Via small liquid droplets when a sick person is coughing or sneezing;
- Via touching one's eyes, nose or mouth with one's hands;
- The best way to protect oneself from Coronavirus is not to come into contact with it!

• STAY AWARE OF THE SITUATION IN THE COUNTRY FROM RELIABLE SOURCES OF INFORMATION!

• PLEASE DO NOT SPREAD UNRELIABLE INFORMATION THROUGH SOCIAL MEDIA AND MESSAGING APPS!

• IF YOU HAVE ANY QUESTIONS RELATED TO CORONAVIRUS, PLEASE CALL **1406**



STANDARD PRECAUTIONS

PROTECT YOURSELF FROM CONTRACTING THE VIRUS:



Wash your hands frequently!

- Use soap and water for at least 20 seconds or with an alcohol-based rub;
- Cover your mouth and nose with your hand or with a tissue when sneezing and coughing;
- Throw the used tissues away in a bin after use;
- Make sure to wash your hands after sneezing, blowing your nose and coughing.



Avoid visiting public places!



Avoid close contact with ill people (people who show symptoms of cold or flu) without face masks!



Avoid contact with domestic and non-domesticated animals without personal protective equipment!



Aim to keep at least a two-meter distance with people if there are laboratory-confirmed COVID-19 cases in your city!

DISINFECT DAY TO DAY SURFACES

- **Daily cleaning and disinfecting of surfaces** (such as tables, door handles, light switches, telephones, keyboards, bathroom and toilet surfaces, etc.) that are frequently touched. Use regular detergents and follow the producers' instructions on the labels.
- **Clean and disinfect the place you are staying** in with a household chlorine-containing disinfectant twice daily.
- **Ventilate your apartment or house regularly.**



PROTECT YOURSELF FROM CONTRACTING THE VIRUS:



Wash your hands frequently!

- Use soap and water for at least 20 seconds or with an alcohol-based rub;
- Cover your mouth and nose with your hand or with a tissue when sneezing and coughing;
- Throw the used tissues away in a bin after use;

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TAKE CARE OF YOURSELF:



Measure your temperature twice a day



Ensure that meat and eggs are thoroughly cooked before eating



Keep healthy lifestyle, eat food rich in calories

Make sure you get enough immune-boosting vitamins and food rich in vitamins

IF YOU FEEL UNWELL:



- If you develop the symptoms of a cold, please call 103;
- Please stay home and make sure to contact family and friends only over the phone or through social media;
- Please wear a face mask when surrounded by other people or health care workers;
- When coughing or sneezing cover your mouth and nose with a tissue. Make sure to throw the tissue away immediately after use;
- Avoid public transport and crowded public places.

TYPES OF QUARANTINE

Persons may be put into two types of quarantine – patients are either isolated and cared for in a healthcare facility or can be managed at home depending on the condition of the patient, medical system resources and other factors.

WHEN PATIENTS ARE QUARANTINED IN A HEALTHCARE FACILITY

You will be put into a 14-day quarantine in a healthcare facility if you return from the countries of the Category 1A (even in transit through another country) and if you visited it over the past 14 days:

France	Germany	UAE
Iran	India	Sri Lanka
Italy	Thailand	Egypt
Spain	Malaysia	

YOU WILL BE PUT INTO A 1-DAY QUARANTINE IN A HEALTH CARE FACILITY TO TAKE A COVID-19 TEST IF YOU RETURN FROM ANY OTHER COUNTRY. AFTERWARDS YOU WILL BE SELF-ISOLATED AT HOME FOR 13 DAYS

These rules shall not apply to you if you are

- Government delegation member
- Members of locomotive crews
- Holders of diplomatic passport
- People working in railway transportation services
- Airline pilots
- Drivers associated with international road transportation of goods

In these cases, you are subject to medical supervision ensured by the employers as established.

Classification of countries will be reviewed regularly due to epidemiological situation in Kazakhstan and other parts of the world. The Chief State Sanitary Doctor is entitled to make decision about quarantining people in a healthcare facility arriving from external countries.

WHAT DO I DO IF I HAVE BEEN QUARANTINED IN A HEALTHCARE FACILITY



QUARANTINED IN A HEALTHCARE FACILITY

- Please remember that **healthcare workers take good care of you** and do their best for you to recover!
- **Please follow the prescriptions from your doctors** for your own sake and for the sake of all Kazakhstan's citizens!
- **Please support healthcare workers with a smile!** They risk their lives by staying by your side because you need medical help. Their families miss them too.
- **Do not panic**, use this time for personal growth (take online courses, read books)



Follow universal precautions:



- Wash your hands frequently with soap and water for at least 20 seconds or with an alcohol-based rub!
- Cover your mouth and nose with your hand or with a tissue when sneezing and coughing!
- Throw the used tissues away in a bin after use!
- Wash your hands after sneezing, blowing your nose or coughing immediately!
- Make sure to wear a face mask when surrounded by other people!

WHAT DO I DO IF I HAVE BEEN QUARANTINED AT HOME

YOU MUST self-isolate for 14 days if you return from another country and have not been quarantined in a healthcare facility.



WHAT RULES SHOULD I FOLLOW DURING THE SELF-ISOLATION AT HOME

- **Please follow universal precautions!**
- Do not leave the house unless it is essential (you need to buy food, medical supplies or other essentials)!
- Do not share eating utensils, dishes and food you have touched!
- Do not share towels and other personal items!
- Keep in touch with others over the phone or through social media, make sure to order food and grocery deliveries online!
- If you are worried, please ask your family and friends for help over the phone or while maintaining a safe distance.
- Make sure to read official sources to keep up to date on the latest coronavirus information!
- Ensure the daily disinfection of surfaces that are frequently touched with a regular detergent following the producers' instructions on the labels.

Those include:

- Tables, door handles, light switches, telephones, keyboards, bathroom and toilet surfaces, etc.;
- Clean and disinfect the place you are staying in with a household chloride-containing disinfectant twice daily;
- Ventilate your location frequently.



ROUTINE MEASURES FOR PREVENTION OF COVID-19

The following measures have been **INTRODUCED**:



Quarantine and observation of sanitary and disinfection standards in medical institutions, medical and social facilities for the elderly and persons with disabilities, infant orphanages, orphanages, centers for social rehabilitation, educational institutions for children with disabilities, and boarding schools



Strengthening of sanitary and disinfection regimes in places of mass gatherings and vital infrastructure (shopping and entertainment centers, markets, Public Service Centers, saunas, large places of worship, community facilities, public eating facilities, railway stations, airports, service sectors (beauty treatment salons, dressmaking and tailoring establishments, etc.):



- Installation of hand sanitizers,
- Cleaning of surfaces at least twice a day,



- Wet cleaning using disinfectant agents,
- Ventilation



Disinfection of public transport with washing and disinfectant products prior to every route, cleaning of airports, railway and bus depots, supermarkets, public transport stops (at least twice a day), railings of ground and underground pedestrian crossings, sports equipment, children's and sports grounds, benches, ATMs, bank terminals and POS-terminals



Cleaning with washing agents of ground and underground pedestrian crossings, pavements, parks, public gardens, squares, surrounding areas of railways stations, motor roads and markets



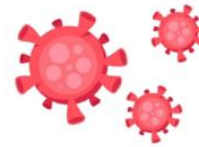
Sale of packaged food products, except for fruits and vegetables



Provision of services in sales and public catering facilities using disposable gloves which are to be changed at least twice per shift and in case of breaching (salespersons, kitchen staff, waiters, checkers and other food-handlers)

2 M

Observation of at least a two-meter distance between tables in food-courts of large trade facilities



Recording of audio and video as well as taking photos at healthcare facilities, ambulances, places used as quarantined facilities or of healthcare personnel providing in-person assistance at home



Use of hookahs at public eating facilities



Holding of mass gatherings (celebratory, sports, cultural events, conferences, seminars, exhibitions, etc.)



Participating in international sports, cultural, tourist events **in the COVID-19 hit countries**



Operation of cinema theaters, night clubs, fitness centers, children's playgrounds at shopping malls, institutions of extracurricular education (early childhood development centers, education centers, hobby groups, etc.) computer clubs, sports centers, etc.

IS PROHIBITED

SPECIAL MEASURES TO PROTECT CHILDREN



Early school break starting from **March 16 until 5 April, 2020**



Switch to distance learning of higher education institutions



Following proper hygiene regimes at educational institutions (ventilation and disinfection three times per shift)



UV sterilization of childcare institutions (pre-school institutions)



Daily morning monitoring of all children at childcare institutions

(pre-school institutions)



Excursions for school children are banned during the spring break due to state of emergency

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National Symbols

State of the Nation Address of the President of Kazakhstan

Website of the President of Kazakhstan

Website of the First President of Kazakhstan – Elbasy

Website of the Prime Minister of Kazakhstan

Website of the Parliament of Kazakhstan

Structure of the Government of Kazakhstan

Virtual Reception Office

Sustainable Development Goals

Open Government



Legislation

Smart Bridge

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