

More information about
Virus/Pandemics/Epidemics:

BOOKS:

- Sonia Shah, Pandemic:
A World History of deadly infections
- Yana Vanger, VongOzera: Epidemic



DOCUMENTARY FILM:

- Coronavirus: Everything you need to know (2020)
- Anatomy of a Pandemic

Films:

- Virus (2013)
- Epidemic (1995)
- Infection (2011)

Contacts Head Office

060001, Atyrau, Republic of Kazakhstan

Phone: +7(7122) 309 009

Fax: +7(7122) 304 300

E-mail: westdala@westdala.isker.kz

Incident and Injury Free Team
TCO shift camp, West Dala Base



DO YOU KNOW???

The viral diseases of the XXI century
that have brought problems to humanity:

Atypical pneumonia (SARS 2003)

Bird Flu (2003)

Middle East Respiratory Syndrome (MERS, 2012)

Ebola Fever (2014-2015)

Zika Fever (2016)

EPIDEMIC

An epidemic (epidemia in Greek)
is the mass spread of an infectious
disease in a particular area or country.

As the spread of the disease and
the number of infections increases,
the epidemic becomes a pandemic.

PANDEMIC

The global spread of infectious disease.
It comes from the Greek word "pandemos".
Translated into Russian – it means
"belongs to everyone". Experts use this
term when the disease is
spreading around the world.

There is no need to be afraid of the word "pandemic":
it means the degree of its spread to the danger
of the disease and is used only for infectious diseases.

PANDEMIC

The Spanish flu (1919-1920) began in Spain at the end of the First World War.

The spread was facilitated by:
unsanitary conditions, overcrowding in the camps of soldiers and refugees, poor nutrition.

Symptoms:
blue complexion, blood cough.

The average age of patients:
20-40 years old.

The mortality rate is
50-100 million.

A/H1N1 2009-2010.

A pandemic of the A/H1N1 virus, known as "Swine flu", has been declared. As of August 27, 2009, about 255 716 cases of infection and 2672 deaths were registered in more than 140 countries.

Covid-19 WHAT IS THIS VIRUS?

Covid-19 is a new type of coronavirus that is transmitted by infection. The epicenter of the infection is China, Wuhan.

The symptoms of coronavirus are similar to respiratory diseases:

- fever;
- fatigue;
- dry cough.

HOW IS THE VIRUS TRANSMITTED?

Covid-19 is transmitted by airborne droplets, when coughing or sneezing, viruses get into the air, settle on various surfaces, get into the eyes, nose, mouth, so it is advisable to keep a distance of more than a meter from a sick person. The origin of the virus is still being studied.

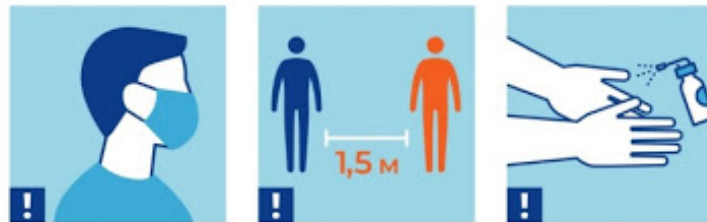
WHAT DO THESE PANDEMICS HAVE IN COMMON???

SYMPTOMS:

- Increased body temperature;
- Fatigue
- Dry cough

SPREAD:

- By airborne transmission
- Surfaces of objects



PRECAUTIONS:

- Wash your face and hands frequently and thoroughly with soap.
- Treat your hands with an alcohol antiseptic.
- Avoid public places.
- Don't spit on the ground.
- Avoid contact with sick people.
- Social distancing.
- Self-isolation.
- If you experience symptoms of a cold, call an ambulance immediately.
- Wear a mask.

Due to the spread of the **Covid-19** coronavirus in the Republic of Kazakhstan, the prevention of infection of the population is the restriction of being in public places. Staying at home, we can save our own lives and the lives of other people!

