



CORONAVIRUS (COVID-19)

WHAT IT IS AND HOW TO PROTECT YOURSELF

CORONAVIRUS (COVID-19)

- COVID-19 is a highly contagious respiratory disease
- People of all ages can get sick
- Signs and symptoms include cough, fever and shortness of breath
- People with cardiovascular disease, respiratory conditions or diabetes, or those who are 60 years or older are at much greater risk, and should take special care to follow the guidelines.
- In more severe cases, COVID-19 infection can cause pneumonia, severe acute respiratory syndrome and sometimes death.
- There is no cure or vaccine for COVID-19 currently.

www.medicinesforhumanity.org

SYMPTOMS



Fever



Cough



Shortness of breath

HOW COVID-19 IS SPREAD

It is passed by respiratory droplets that move from a sick person to others by:

- Sneezing and coughing
- Physical touch, like shaking hands
- Touching surfaces with the germs and then touching your eyes, nose or mouth
- COVID-19 can spread in any region, regardless of the weather



HOW TO AVOID GETTING SICK

• **WASH YOUR HANDS** regularly with soap and running water or alcohol-based rub for at least 20 seconds:

- After coughing or sneezing
- When caring for the sick
- Before, during & after you prepare food
- Before eating
- Before and after breastfeeding
- After toilet use
- When hands are dirty
- After handling animals or animal waste



• Avoid physical greetings and contact

• When coughing or sneezing, **COVER YOUR MOUTH** and nose with a bent elbow or tissue



• Distance yourself from other people by 1 meter

• Do not touch your eyes, nose or mouth because it spreads germs

• Avoid spitting in public

• Do not attend public gatherings or events

• **STAY HOME!**

WHAT TO DO IF YOU GET SICK

A person is contagious 2-3 days after exposure, even if they don't show symptoms. Symptoms can take up to 14 days to appear. Almost everyone with COVID-19 gets a fever. Check your temperature often.

Stay home and **DISTANCE YOURSELF**

1 meter from others. Cover your coughs and sneezes with a bent elbow or tissue. Wash your hands often. Treat your symptoms and monitor your health.

There is no specific medicine to treat COVID-19. Antibiotics do not work against it. Treat symptoms with pain/fever reducer medications, and cold/flu medicine. Increase fluids and get rest.



If you become sicker or experience shortness of breath, immediately seek medical help.

Many people will get COVID-19, but will only have mild symptoms and then get better. Treat yourself at home and do not expose others. Avoid visiting a health facility unless your sickness becomes severe.

Women who are breastfeeding and sick with COVID-19, should consider pumping and have someone else feed the baby to avoid spreading germs.

Breastmilk itself can NOT transfer the virus, but it does help a baby to grow strong and fight illness.

Please stay safe

WHEN TO WEAR A MASK

Healthy individuals do NOT need to wear a mask.

Only wear a mask if you are caring for a person with suspected COVID-19 or if you are sick with symptoms.

Wearing a mask can help limit the spread of disease, but a mask alone does not stop infection!

Masks only work well when used with frequent and proper hand washing.



KNOW THE FACTS. DON'T PANIC.

Remember we must all help to prevent this disease from spreading. This means taking steps to be safe – even if you feel healthy and don't believe you have been exposed.

For more information, ask your local community health worker.