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.

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

WHAT TO DO IF YOU GET SICK

- 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.

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!

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.

WHAT IT IS

- 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.