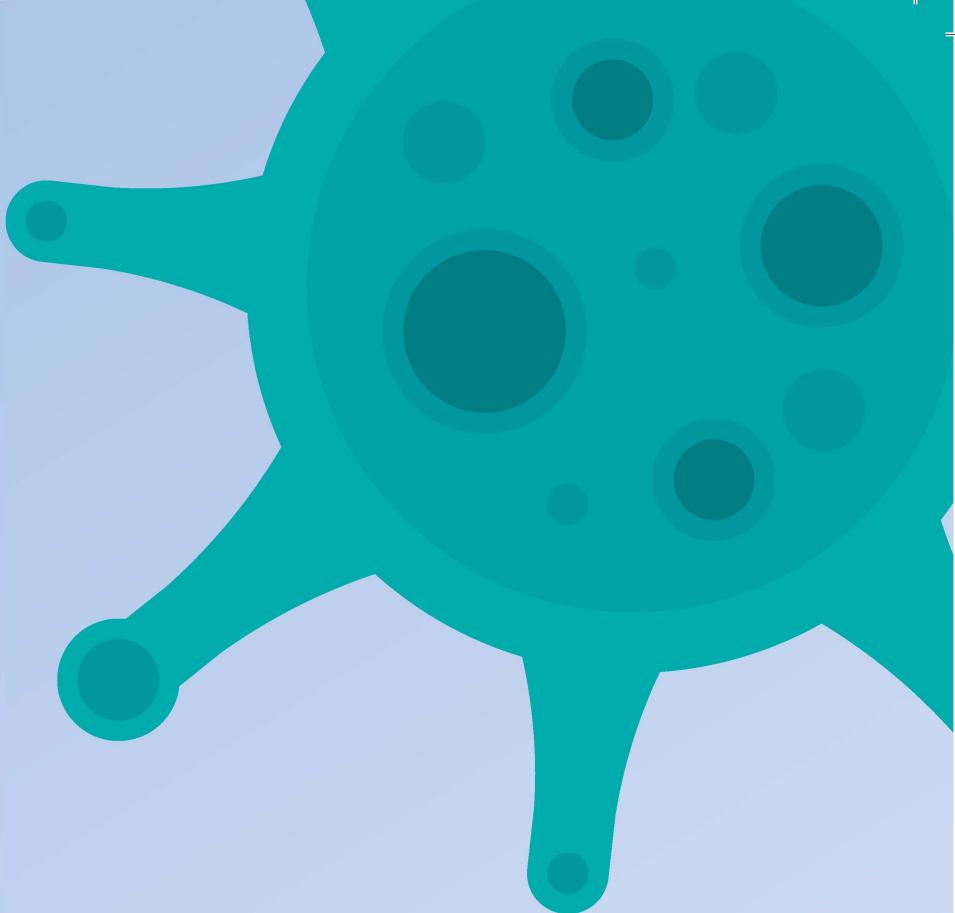


# COVID-19

A new coronavirus (COVID-19) has caused an outbreak of respiratory illness (fever, cough and shortness of breath).



## How can you get infected?



- 1 When you take less than 1,5 meter distance, or shake hands with an infected person
- 2 Contact with contaminated droplets produced by sneezing or coughing
- 3 When you touch contaminated surfaces where droplets have landed

## How can you recognize COVID-19?

- 1 Fever
- 2 Cough
- 3 Difficulty in breathing
- 4 Other warning signs vary from patient to patient and may include: headache, muscle aches, sore throat

The severity of symptoms varies from patient to patient. Symptoms appear on day 2 after exposure to the COVID-19 virus and typically last up to 14 days.

## How can you protect yourselves?



- 1 **WASH** your hands frequently and thoroughly under running water, using soap, for at least 40 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.
- 2 **PRACTICE** social distancing, maintain at least 1.5-meter distance between yourself and anyone who is coughing or sneezing.
- 3 **AVOID** touching your eyes, nose or mouth.
- 4 **COVER** your mouth and nose with a bent elbow or tissue when you cough or sneeze, then throw the tissue in the trash.
- 5 **SEEK** immediate medical care if you have a fever, cough and difficulty breathing.
- 6 **STAY** informed, check your local authority or [www.who.int](http://www.who.int)

## People at risk for severe illness

The following special conditions (based on WHO) may lower your immunity and increase the risk of developing severe illness:

- 1 Pregnancy and postpartum period
- 2 Heart diseases, for example high blood pressure
- 3 Immunodeficiency for example HIV and cancer
- 4 Diabetes
- 5 Kidney disease
- 6 Liver disease
- 7 Chronic lung disease and asthma
- 8 Chronic neurological or neuromuscular disease
- 9 Cancer

Please contact your healthcare provider for guidance on any of your pre-existing medical conditions' risk and use above recommendations to limit exposure to COVID-19.

## What to do in case there's a suspected COVID-19 case

- Don't panic
- Report to the nearest healthcare facility

- Or call:



This information is effective as at 26th March 2020. Case management of COVID-19 is rapidly evolving. Stay informed and check local authorities and [www.who.int](http://www.who.int)