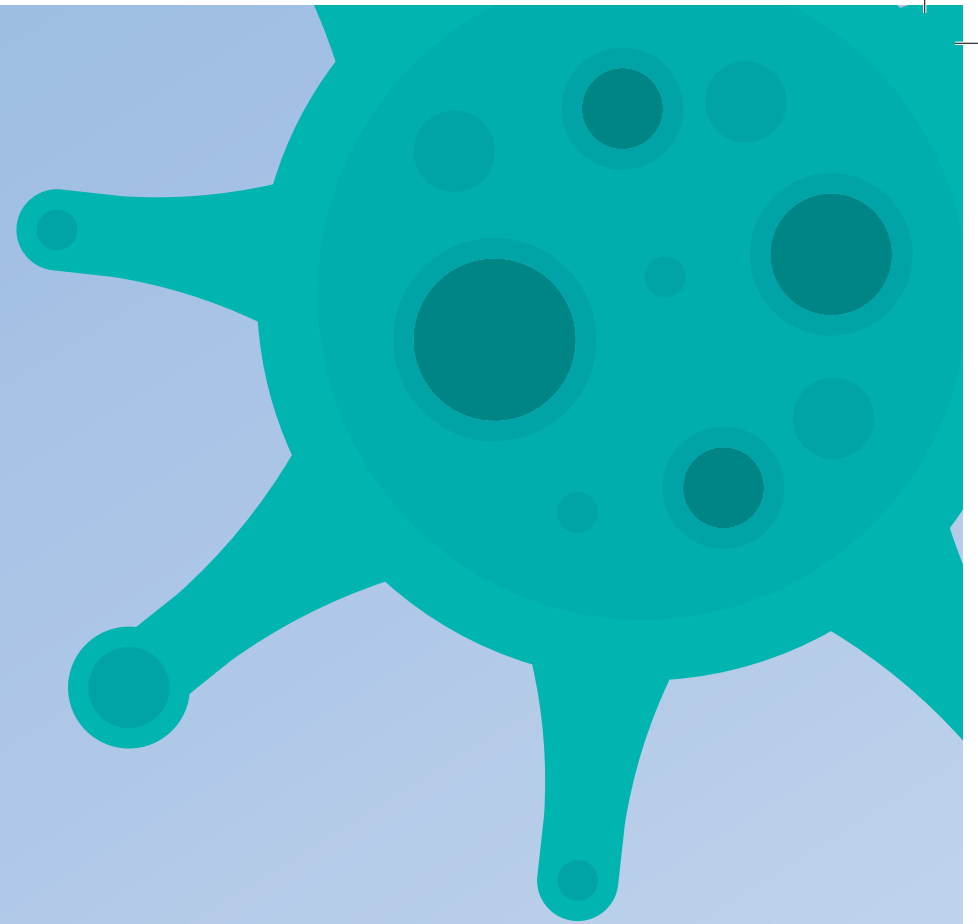
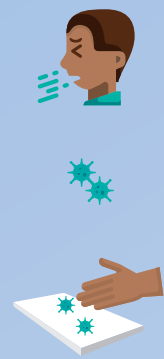


COVID-19

A new coronavirus (COVID-19), first identified in China in December 2019, has caused an outbreak of respiratory illness (fever, cough and shortness of breath).



How can you get infected?



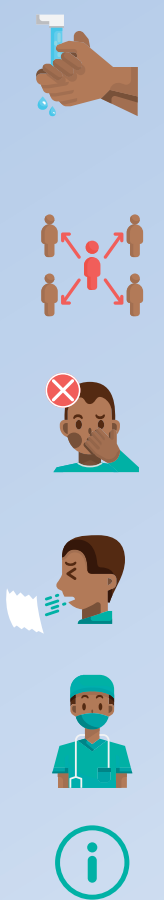
- 1 When you take less than 1,5 meter distance, or shake hands with an infected person
- 2 Contact with contaminated droplets produced by sneezing or coughing
- 3 When you touch contaminated surfaces where droplets have landed

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

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