CORONAVIRUS (COVID-19)
What IT IS
And How To Protect Yourself

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
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Chills
- Loss of taste or smell

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
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.

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.

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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.

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.

Please stay safe.

www.medicinesforhumanity.org