

# **CORONAVIRUS DISEASE-19 (COVID-19)**

## **Prevention, Treatment & Protecting Yourself and Others**

### **Job Aid for Community Education**

**Medicines**for**Humanity**



Reaching The World's  
Most Vulnerable Children

COVID-19 (Coronavirus) is a new viral disease spreading worldwide. Experts are still learning about the illness. It is important to provide correct information to communities in order to prevent the spread of the virus.

This job aid is designed for Community Health Workers (CHWs) or other health professionals to educate community members with correct information on COVID-19 and prevent the spread of myths. The information in this job aid comes from Medicines for Humanity’s curriculum “*Coronavirus-19 (COVID-19) Prevention, Treatment & Protecting Yourself and Others*”. The curriculum and other educational materials can be found at <https://medicinesforhumanity.org/covid-19-global-pandemic/>.

# Support & Engage the Community during COVID-19 Pandemic

COVID-19 (Coronavirus) is a new viral disease spreading worldwide. Experts are still learning about the symptoms, treatments and potential vaccines.

## **REMEMBER:**

- Misunderstandings spread fear and lead to mistrust or violence
- Understand people's fears and provide correct information instead of myths or rumors
- Educate yourself on local updates and factual information about the disease, treatment and available resources

# How to Engage Community Members

- **Understand what people are saying about COVID-19**
- **Encourage awareness and action:**
  - Use simple words
  - Provide practical advice people can do. For example:
    - Wash your hands frequently to protect yourself and others from getting sick
  - Give information that addresses myths and misconceptions
- **Make sure everybody has understood your information**
  - Ask questions to understand what they heard you say
- **Get peers and leaders to talk:**
  - People pay attention to information from people they know, trust and respect
  - Engage faith leaders, peer leaders, community elders
- **Ask questions that get people to talk about COVID-19**

# General Information about COVID-19

## **What is COVID-19?**

- Highly contagious respiratory disease
- People of all ages can get sick
- People with a high risk of getting the virus are those with:
  - Cardiovascular disease
  - Respiratory conditions
  - Diabetes
  - People 60 years or older
- Approximately 80% of cases are not serious and can be treated at home

## **COVID-19 is spread by:**

- Sneezing and coughing
- Physical touch with others
- Touching contaminated surfaces then touching your face
- Unclean hands touching eyes, nose or mouth

# Actions to Prevent Spread of COVID-19

- Wash your hands regularly with soap and water or alcohol-based rub for at least 20 seconds
- Cover nose and mouth with a bent elbow or tissue when coughing or sneezing. Wash your hands afterwards.
- Distance yourself from others by at least 2 meters or 6 feet
- Avoid touching eyes, nose or mouth



**Practice these behaviors even if you are not feeling sick!**

# Actions to Prevent Spread of COVID-19

- Wear a face covering or mask over the mouth and nose when outside
- Do not attend public gathering or events
- Avoid crowds
- Frequently clean surfaces in home, work or transportation
- Stay home whenever possible. Only go out for essential services and physically distance yourself from others.

**Practice these behaviors even if you are not feeling sick!**

# Common Symptoms of COVID-19

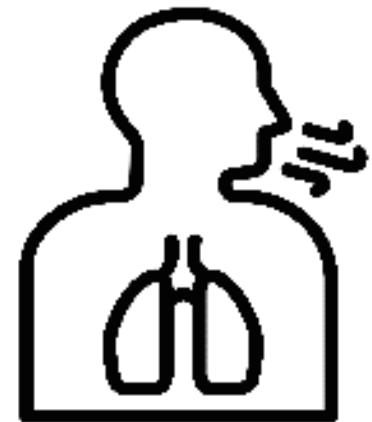
- Symptoms can take between 2 and 14 days to appear, but usually appear 4 to 5 days after exposure.
- A person is contagious 2-3 days after exposure, even if they do not show any symptoms.
- The **three main symptoms** are:



FEVER



COUGH



SHORTNESS OF BREATH



# Common Symptoms of COVID-19

## **Mild**

Fever (above 100.4°F / 38°C)

Cough

Sore throat

Muscle aches/fatigue

## **Severe**

Dehydration

Difficulty breathing (i.e. shortness of  
breath)

Co-infections (i.e. bacterial infections)

Pneumonia

Kidney failure

Respiratory failure

# Treatment Recommendations for COVID-19

## **What to do if someone is experiencing any COVID-19 symptoms**

- Don't panic, most cases are mild, and people recover
- Treat symptoms, distance yourself from others and wash your hands frequently
- Quarantine or self-isolate yourself from others for two weeks
  - If this is not possible, maintain a 2 meter/6 feet distance from others, wash hands and surfaces frequently and cover your mouth when coughing and sneezing.
  - Stay home. Do NOT go out in public!
- If you have difficulty breathing, seek medical attention immediately

**There is no cure or vaccine for COVID-19 yet.  
You can only treat symptoms of illness.**

Health Condition	Treatment of Symptoms
<p><b>Mild</b> Symptoms like:  Fever,  Runny nose,  Cough</p> <p><b>(Treat yourself at home)</b></p>	<p>Pain/fever reducing medicine  Cold/flu medicine  Rest  Increased fluid intake  Stay at home for 14 days  Cover your mouth and nose with cloth, scarf or mask to prevent others from getting sick</p>
Health Condition	Treatment of Symptoms
<p><b>Severe</b> Symptoms like:  Shortness of breath,  Dehydration,  Difficulty Breathing</p> <p><b>(Seek medical attention immediately at a health facility)</b></p>	<p>Antibiotics to fight bacterial infections  IV fluids therapy  Oxygen therapy  Ventilator (assist during respiratory failure)</p>

# Pregnant & Breastfeeding Women

## **Pregnant Women**

- Pregnant women can get COVID-19
- Pregnant women should take extra precautions to avoid illness
- Women should still have regular prenatal care appointments
- Not known if risk is higher in pregnant women or if virus is transmitted during childbirth

## **Breastfeeding Women**

- COVID-19 has not been found in breastmilk
- Breastfeeding is still encouraged during the COVID-19 outbreak
- Encourage breastfeeding and steps to avoid spreading illness to the child:
  - Wash hands before and after breastfeeding
  - Wear a facemask while breastfeeding
  - If the mother chooses to express milk, she should continue to follow good hygiene practices
    - Another person should provide the milk to the child
    - Washing hands before and after expressing milk
    - Clean all pump parts thoroughly, if used.

# Children

- Children of all ages can contract COVID-19 but they are not at higher risk than adults
- Teach children how to prevent getting COVID-19 with handwashing, covering coughs, avoiding sick individuals
- Toys should also be washed frequently to avoid the spread of the virus
- Continue to attend regular doctor's appointments and keep child's vaccinations up-to-date
- If a child shows symptoms such as fever, cough, or breathing problems, contact a healthcare provider to determine the best treatment options

# Nutrition and COVID-19

## **Nutrition and Overall Health**

- Good nutrition can help the body build and maintain a healthy immune system
- Vitamins and minerals do **NOT** treat or cure COVID-19; they help the body fight off respiratory infections.

## **Supplements and Medications**

- Multivitamins can help a person get the recommended vitamins and minerals when foods are not available
- There are currently no medications to treat COVID-19 or provide protection against illness

**Diet is only one factor in immunity and should be paired with self-care, good hygiene, physical activity and adequate sleep.**

<b>Vitamins/ Minerals</b>	<b>Food Sources</b>
<b>Vitamin A</b>	Carrots, spinach, sweet potatoes, mangoes, dark leafy greens, squash and pumpkin
<b>Vitamin C</b>	Citrus fruits, strawberries, bell peppers, cauliflower, broccoli, tomatoes and sweet potatoes
<b>Vitamin D</b>	Fish, mushrooms, egg yolks, fortified milk, yogurt, cheese, orange juice and exposure to sunlight
<b>Vitamin E</b>	Almonds, whole grains, wheat germ, yams, sweet potatoes and vegetable oil
<b>Magnesium</b>	Spinach, dairy products, fish, avocados, nuts, sprouts, dark chocolate, coffee, nori, and spirulina
<b>Zinc</b>	Whole grains, lamb, beef, chicken, mushrooms, chickpeas, cashews, almonds, milk and fortified breakfast cereals
<b>Selenium</b>	Salmon, ham, pork, beef, chicken, eggs, brown rice, cottage cheese, mushrooms, spinach, lentils, milk, yogurt, and bananas

**Use this chart for reference only. Discuss LOCAL FOODS that are available for good nutrition.**

# Mental Health and COVID-19

## **Worries & Fears about COVID-19**

- It is normal to feel sad, distressed, worried, confused, scared or angry during a crisis
- People may fear getting sick, dying, losing a job or income, and being separated from loved ones

**It is important to manage stress and fears in healthy ways!**

## **Ways to Deal with Stress**

- Talk to people you trust
- Maintain a healthy lifestyle with good nutrition, sleep and exercise
- Don't use tobacco, alcohol or other drugs to cope with your emotions
- Decrease the time spend watching or listening to upsetting media or news

**Have a plan of where to go for physical & mental health needs**



# Mental Health and COVID-19

## **Activities That will Help You Manage Stress**

- Physical exercise
- Relaxation exercises like breathing, meditation or mindfulness
- Reading books, magazines or newspapers
- Listening to music and talk shows
- Playing games with people in the same household
- Talk with friends and family over the phone or on social media

## **Don't Forget: Children are Impacted by Stress Too!**

- Children may be clingy, feel anxious, withdraw, feel angry, have nightmares, or have lots of mood changes
- Caregivers need to listen to their children and have an understanding attitude
- Help children find ways to express feelings in a positive way
- Show your children extra love and attention

# Myths and Misconceptions of COVID-19

## **How to address false information concerning COVID-19**

Know the facts and what the community is saying so that you can specifically address their questions. You can start the correct and good conversations regarding COVID-19 and its effect on the community.

## **Answers to Myths about COVID-19**

### ***Does taking a hot bath prevent COVID-19?***

- No, taking a hot bath will not prevent you from catching COVID-19.

### ***Can COVID-19 be transmitted through mosquito bites?***

- No, it cannot be transmitted by mosquitoes. COVID-19 is a respiratory virus.

### ***Can spraying alcohol or chlorine all over your body kill COVID-19?***

- No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body and can be very harmful.

# Myths and Misconceptions of COVID-19

## ***Can cold or hot weather kill the COVID-19 virus?***

- No, COVID-19 can be spread in all types of climates, hot or cold.

## ***Do medications work to prevent or cure COVID-19? Which ones?***

- There are currently no vaccines or medications to prevent or cure COVID-19.

## ***Do I need a mask/ face covering to protect myself against COVID-19?***

- Wearing masks or a face covering over your mouth and nose is recommended so that you do not spread germs to those around you. Wear a mask, cloth cover or scarf in public, even if you are not sick.

## ***Should we avoid Chinese food or Chinese people?***

- COVID-19 is not spread by eating Chinese food or any other type of food. Any person can have the virus and it isn't true that all Chinese people have it.

## ***Does catching COVID-19 mean you have it for life?***

- No, most people who catch COVID-19 recover and eliminate the virus from their body.

# Stigma and Stereotypes of COVID-19

## **What is stigma and why do people stigmatize?**

Stigma can be negative language people use, biased media stories and even cause dislike or prejudice against other people. People may stigmatize out of fear or misconception of COVID-19.

- It is important to reduce stigma against people with COVID-19
  - Watch for rumors and myths in your community
  - Rumors may cause stigma and discrimination
- Be ready to respond to stigma
  - Correct myths and misunderstandings
  - Remind people how COVID-19 is spread and how they can protect themselves.
  - Remind leaders of their responsibility to lead a stigma-free response