



How to protect yourself and others

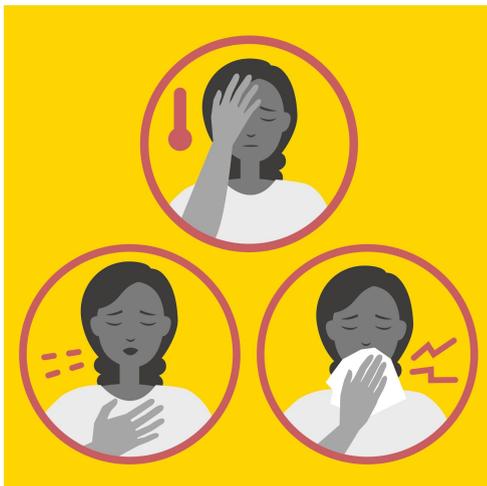
What is Covid-19?

Covid-19 is a new disease caused by a coronavirus that attacks the lungs.

How is it spread?

The virus is spread from person to person through the air in tiny droplets, by coughing, sneezing and speaking. You can also become infected by touching objects or surfaces which have the virus on them and then touching your eyes, nose or mouth. It is believed the virus can last on surfaces for up to three days.

What are the most common symptoms?



- A new, persistent cough
- Fever
- Shortness of breath

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Who can catch it?



Anyone can catch Covid-19 – young or old, and including those who are fit and healthy. For most people, the symptoms are mild. Some people have NO symptoms at all and may not know they have the virus. So anyone can pass on the virus to others.

Covid-19 affects some people more than others. The disease can be more serious for:

- older people
- people have underlying health issues eg diabetes, respiratory diseases or cancer
- those with a weak immune system

*If you are taking HIV medication regularly, then you should be at no greater risk than anyone else.

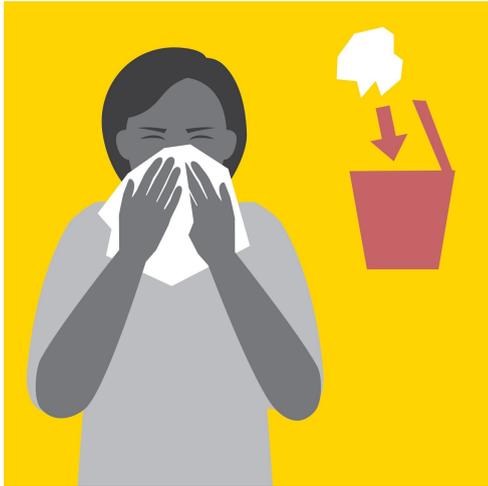
This is a new virus, and therefore knowledge and understanding of it is growing all the time. There are still many things that are not yet known.

How do I prevent Covid-19?

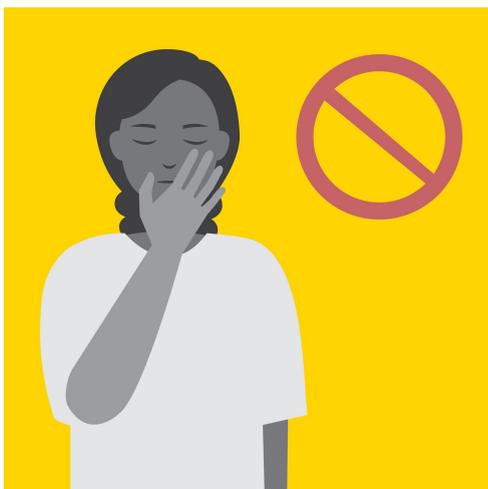


Wash hands frequently with soap and water for at least 20 seconds or use an alcohol-based sanitiser gel.

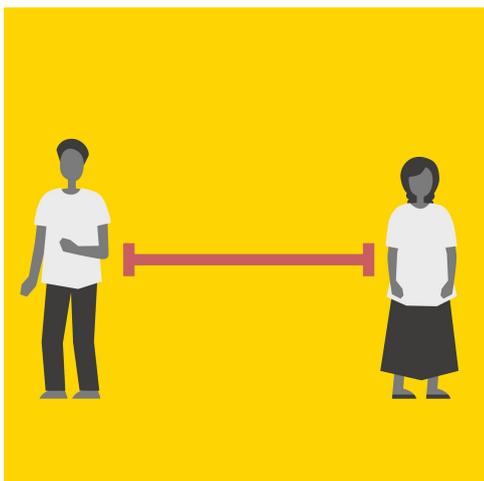
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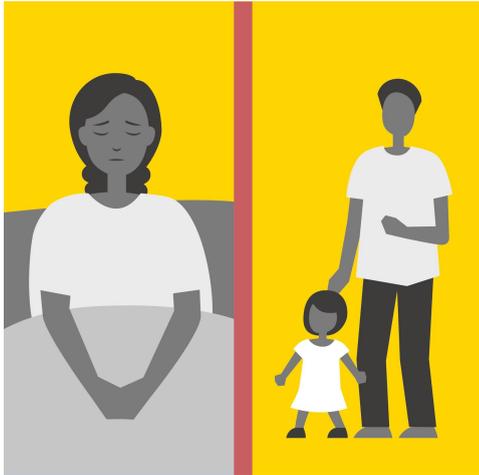
Catch coughs and sneezes in a tissue and throw away used tissues. If you do not have a tissue, use your sleeve.



Avoid touching your eyes, nose and mouth with unwashed hands.



Avoid social venues, public transport and places where people gather in large numbers or close proximity.



Avoid close contact with people who are unwell.

How do I treat Covid-19?

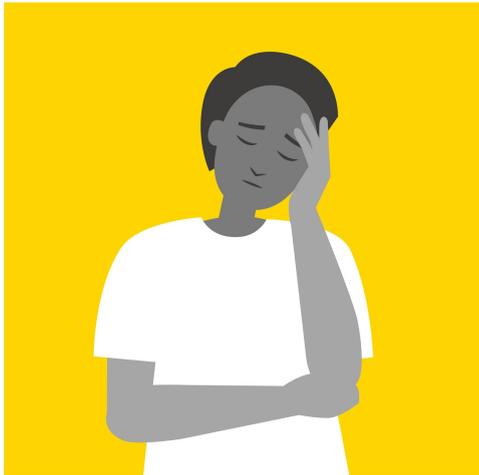
Covid-19 is VERY CONTAGIOUS. If you are showing symptoms, even if they are mild:

- Stay at home and avoid contact with other people as far as possible.
- Drink water and keep your fluid levels up.
- Rest.
- If you have a fever, use cold compresses and, if possible, take paracetamol.
- Ask others to bring you food and water so that you don't have to go out.

If symptoms become more severe:

- If breathing becomes difficult, this may be a sign you have pneumonia and you may need to go to hospital.
- It is important that you know where the correct Covid-19 hospital or treatment centre is for your community.

Look after your mental health



It is natural to feel worry, fear or anxiety. It is really important to **support people** who may be particularly stressed, vulnerable or isolated, and keep in contact through phone calls. Communicate regularly and clearly. Use community networks to share information that everyone in the community can understand: knowledge is empowering and can help reduce anxiety.

Get good, up-to-date information

There is a lot of false information being spread about Covid-19. It is important to listen to reliable information sources, not rumours. Follow public health advice about handwashing and physical distancing, and whatever preventative measures your government has introduced.

Look out for each other

We need to ensure everyone's needs are met, especially the most vulnerable people in our community. For example, if people are ill or need to isolate themselves, use community networks to ensure they get essential supplies (eg food, medicine). Take responsibility for one another.