

# AKDN SPECIAL BULLETIN: COVID-19

COVID-19 is a new virus that spreads through drops of saliva from the mouth or droplets from the nose when an infected person coughs or sneezes. COVID-19 is not "just" the flu. It is much more contagious and can spread rapidly through our communities.

## Symptoms:

- Common: Fever, cough, difficulty breathing
- Severe: Persistent pain and pressure in the chest, trouble breathing, mental confusion, bluish lips or face, etc.

## High Risk Groups:

- People 70+ years of age
- Pregnant women
- People living with underlying health problems like heart disease, diabetes, asthma and cancer

**Prevention is the only way to limit the spread of COVID-19.**

**Follow the recommendations below to protect yourself, your family & your community.**

1

## STAY AT HOME

- Only leave your home to buy essentials like groceries or household items
- Avoid using public transportation, taxis or ride share services
- If you cannot avoid public transportation, maintain a safe distance from other travelers and avoid touching surfaces
- Your government may have further restrictions to help curb the spread of the virus -- follow these rules to help reduce your risk of being infected

2

## WASH YOUR HANDS

- Wash your hands with soap and water for at least 20 seconds as often as you can
- Make sure you wash the front and back of your hands, and between your fingers
- When you are done, dry your hands either with a clean towel or naturally
- Do not touch your eyes, nose or mouth with unwashed hands

3

## AVOID CONTACT WITH OTHERS

- Do not go to work, school or other places that may have large crowds, like community gathering areas, public celebrations and prayer halls
- Do not make physical contact with others through handshakes and hugs
- Do not have visitors in your home unless it is necessary (for example, visit from health worker)
- Avoid contact with the elderly and other people who may be at higher risk of getting sick
- Keep grandchildren away from grandparents (it is important to keep children away from the elderly and the vulnerable)
- Make sure that shared spaces in your home have good airflow; open windows where you can
- If avoiding contact with people is not possible, keep a distance of at least 1 meter from other people at all times

4

## COUGH OR SNEEZE INTO A TISSUE OR YOUR ELBOW

- Do not cough into your hand
- Cover your mouth and nose with a tissue when you cough or sneeze; throw the tissue out in a covered wastebasket and follow by washing your hands

5

## SELF-ISOLATE IF YOU FEEL SICK

- If you are sick or experience any of the symptoms mentioned above, isolate yourself for 14 days starting on the day you start to feel sick
- At home, try to isolate yourself from family by staying in a different part of the house; in shared spaces, keep a distance of at least 1 meter from your family
- You can stop self-isolating after 14 days if you no longer have a fever and your other symptoms have improved
- Continue to keep your distance from people after you self-isolate
- If you are still sick after 14 days, contact your doctor or local health clinic for advice (do not walk into a clinic unless asked)