COVID-19: How you should protect yourself

WHAT IS COVID-19?

This coronavirus appeared in China, in December 2019 and has since spread almost everywhere in the world. The disease affects the respiratory system. It is highly contagious in many cases with mild symptoms, similar to a common cold, but can be fatal in severe cases. It is therefore important to prevent EVERYBODY from infecting others and COVID-19 from spreading further.

What are the symptoms?

Dry Cough | Fever | Headache | Fatigue | Muscle Pain | Breathing problems | One can be infected and spread the disease without any symptoms

How is COVID-19 spread?

▶ By small droplets released when coughing or sneezing
▶ These droplets attaches itself to objects and surfaces, such as tables, door handles and handrails
▶ Whoever touches there, runs the risk of the virus getting into the body via mouth, nose or eyes
▶ It is suspected that it also spreads by air

How do you protect yourself and others?

▶ Wash your hands regularly with soap and water, at least for 20 seconds
▶ If you have no water, use hand sanitizer
▶ If you have to sneeze or cough, use a tissue or your sleeves
▶ Throw the tissue in the rubbish after using
▶ Wear a facemask
▶ Try to keep a minimum distance of 1.5 metres to the next person
▶ Stay away from crowds as much as possible
▶ If someone in your family or household starts showing some of the symptoms described above, separate the person from the rest of the household
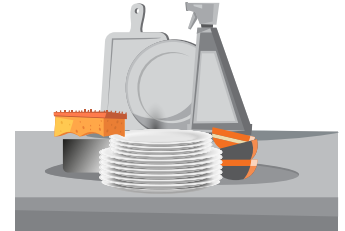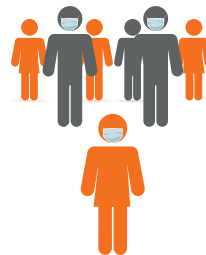
No one is invulnerable!

▶ Older adults are more affected
▶ People who suffer from respiratory and cardiovascular diseases, diabetes, hypertension, cancer and malnutrition are at greater risk
▶ People with a weaker immune system related to untreated HIV/AIDS conditions are more vulnerable
▶ Cigarette and alcohol abuse could have negative effects
▶ Women in care roles being more exposed

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