

# SAFE STEPS

## COVID-19

COVID-19 is the disease caused by novel corona virus which was first detected in Wuhan, China. The common symptoms are fever, cough, and muscle pain. In some cases, people experience shortness of breath.



### HOW CAN I PREVENT IT?

<p>FEVER COUGH MUSCLE PAIN SHORTNESS OF BREATH</p>			
<p><b>KNOW THE SYMPTOMS: FEVER, COUGH, MUSCLE PAIN AND SHORTNESS OF BREATH.</b></p>	<p><b>WASH YOUR HANDS OFTEN WITH SOAP AND WATER, OR ALCOHOL-BASED HAND SANITIZER.</b></p>	<p><b>WHEN COUGHING AND SNEEZING, COVER MOUTH AND NOSE WITH A TISSUE.</b></p>	<p><b>OR FLEXED ELBOW.</b></p>
	<p>&gt;1 Meter</p>	<p>✗ EYES ✗ NOSE ✗ MOUTH</p>	
<p><b>DISCARD TISSUES IMMEDIATELY INTO A CLOSED BIN AND WASH YOUR HANDS WITH SOAP AND WATER OR ALCOHOL BASED HAND RUB.</b></p>	<p><b>MAINTAIN AT LEAST 1 METER DISTANCE BETWEEN YOURSELF AND THOSE WHO SHOW SYMPTOMS.</b></p>	<p><b>AVOID TOUCHING EYES, NOSE AND MOUTH WITH YOUR HANDS.</b></p>	<p><b>SEEK MEDICAL HELP IF YOU DISPLAY SYMPTOMS AND INFORM YOUR DOCTOR OF YOUR SYMPTOMS BEFORE TRAVELLING TO THE CLINIC.</b></p>

### WHEN TO WEAR MASK

			<p><b>DISPOSE OF THE MASK PROPERLY</b></p>
<p><b>WEAR A MASK IF YOU ARE COUGHING OR SNEEZING.</b></p>	<p><b>IF YOU ARE HEALTHY, YOU ONLY NEED TO WEAR A MASK IF YOU ARE TAKING CARE OF A PERSON WITH A SUSPECTED CASE OF COVID-19.</b></p>	<p><b>MASKS ARE EFFECTIVE WHEN USED IN COMBINATION WITH FREQUENT HAND WASHING WITH SOAP AND WATER.</b></p>	<p><b>IF YOU WEAR A MASK, THEN YOU MUST KNOW HOW TO USE IT AND DISPOSE OF IT PROPERLY.</b></p>

### HOW TO FIND THE RIGHT INFORMATION



- When a new virus or disease is discovered what we know and don't know changes at a fast pace.
- Because information changes so quickly and there is so much information being shared on different channels, it is sometimes hard to know what is a rumour and what is correct information.
- Rumours can lead us to use the wrong methods to keep ourselves and our loved ones safe, that is why it is important to know how to find correct information.
- To find answers to your health questions or check if a story is based on verified information start with these three steps:

**1 Find out where this information comes from?**

- Does the information source have access to scientific evidence?
- WHO (World Health Organization), The Ministry Of Health in your country and National Red Cross and Red Crescent Societies are reliable information sources.

**2 When was this information shared?**

Sometimes old information keeps on being shared. Look for when something was published or first shared.

**3 Keep on checking information from WHO and Ministry of Health so that you know when information changes and new facts are shared.**

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