What is COVID-19?

Coronavirus Disease 2019 (COVID-19) is a respiratory illness that was recently declared a pandemic by the World Health Organization.

There are simple things you can do to keep you, your family, and your community healthy and to help stop the spread of the disease.

COVID-19 cases have been identified in Ethiopia; now is a critical time to stop the disease from spreading.

Cases have been reported from all continents but Antarctica and people from all walks of life have been infected with the virus.

HOW DOES THE DISEASE SPREAD?

The virus can spread when people are in close contact with one another, through coughs and sneezes. A person can also get the virus by touching surfaces where the virus is, and then touching their mouth, nose or eyes.

COUGHS AND SNEEZES

HUMAN CONTACT

CONTAMINATED SURFACES

WHO IS AT RISK?

While young people may be at lower risk for severe illness and death, they can still be infected and spread the disease to more vulnerable people.

There are some groups that are at higher risk of getting very sick from the disease. This includes older adults and people who have serious medical conditions, such as heart, lung, or kidney disease, or diabetes.

It is important for people of all ages to protect themselves in order to protect their family and the people around them.

WHAT YOU SHOULD KNOW ABOUT COVID-19

1 SYMPTOMS

Symptoms of COVID-19 can range from mild to severe and potentially death. **Symptoms may appear 2-14 days after exposure; however, not everyone with COVID-19 will develop symptoms or feel unwell.** Both symptomatic and asymptomatic individuals with COVID-19 can transmit the virus. The most common symptoms of COVID-19 are:

- Fever (not necessarily a high fever)
- Dry cough
- Difficulty breathing or shortness of breath

2 IF YOU SUSPECT YOU HAVE COVID-19

If you are sick with a fever, cough, or difficulty breathing quarantine yourself by staying at home, and call **8335** or **952** for advice.

3 PROTECTION

The best way to protect yourself and your family is through prevention.

Wash your hands: Effective handwashing to prevent the spread of COVID-19 includes wetting your hands with water, applying enough soap to cover both hands, and scrubbing your hands for at least 30 seconds. This includes scrubbing the front and back of your palms, fingers, and wrists. To finish, rinse with water and dry.

Avoid touching your face including your eyes, ears, and nose: Your hands touch many things throughout the day and can pick up viruses. Avoiding touching your face will prevent the virus transferring from your hands to your face and potentially entering your body.

Cover your coughs and sneezes with the inside of your elbow or a tissue instead of your hand: Properly dispose of used tissue immediately and wash your hands. This prevents spreading the virus through droplets.

Clean, disinfect, and avoid touching surfaces that are frequently touched like doorknobs, light switches, and hand rails to prevent the spread of the virus: Effective disinfectants include: Diluting household bleach, alcohol solutions with at least 70% alcohol, other common household cleaners such as Dettol.

4 PHYSICAL DISTANCING

Because it spreads easily within the population from person to person and from surfaces, it is important that everyone adopt behaviors that can help reduce their contact with the virus. It is important that you practice social distancing to protect yourself and your loved ones who may be at a higher risk.

- Maintain, whenever possible, a physical distance of two meters between people.
- Avoid handshaking, hugging, kissing and in general close contact with other people.
- Avoid crowds, large gatherings and large social events (weddings, festivals, churches and mosques, etc.)
- Avoid close contact with individuals who are showing signs of illness (coughing, sneezing, fever)
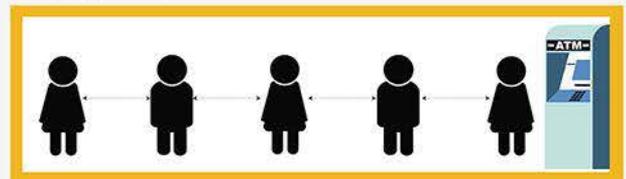
Maintain 2 meters of distance at all times if in public

COVID-19 VACCINE DEVELOPMENT IS UNDERWAY, BUT NOT YET AVAILABLE

Scientists all over the world are working on developing an effective vaccine with promising tests being conducted. In the meantime **the prevention methods mentioned above such as hand-washing and social distancing, are the most effective ways to manage the spread of COVID-19.**

IF EVERYONE DOES THEIR PART, WE CAN OVERCOME COVID-19

For more information, please call 8335 or 952

MINISTRY OF HEALTH, ETHIOPIA

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