A novel coronavirus (nCoV) is a contagious disease common in different species of animals. It is transmitted from animals to human and then from human to human as well.

**SYMPTOMS**

- Fever
- Runny nose
- Cough
- Shortness of breath and breathing difficulties

**PROTECT YOURSELF**

- Throw tissue away and dispose of immediately after use
- Cover your nose and mouth with a tissue paper or mask
- Avoid consumption of raw and undercooked meat and eggs
- Wash your hands frequently with soap and water

If you suffer from cold or runny nose, avoid going to office, school or in a crowded place and avoid close contact with other people.

If you suffer from any of these symptoms visit your nearest health centre.

For more Information visit your nearest Aga Khan Health Centre
DO YOU HAVE A COUGH, FEVER OR FEEL TIRED? NOT SURE IF THESE ARE SIGNS OF CORONAVIRUS?

To answer these and any other questions you may have about Coronavirus, call the **24/7 Emergency Helpline**. A health care professional will consult over the phone to:

- Assess if you are suspected to have the virus
- Facilitate in getting tested if needed
- Recommend hospitalisation if necessary

24/7 EMERGENCY HELPLINE (021) 32250707
Novel Coronavirus (COVID-19) Alert

Older People Are at Higher Risk

Take extra care if you are older and have health issues.

60 years and above are at higher risk for severe illness.

**STEPS YOU CAN TAKE TO PREVENT YOURSELF FROM GETTING INFECTED**

- Cover your nose and mouth with a tissue paper or mask
- Throw tissue away and dispose of immediately after use
- Wash your hands frequently with soap and water
- Stock-up essential food and medicines
- Avoid crowds & close contact with sick people

If you are unwell or have concerns about Novel Coronavirus (COVID-19)

**stay home and call your healthcare professional**

For more information contact your nearest Aga Khan Health Centre
CORONA VIRUS CLEANING AND DISINFECTING

HAND SANITISER FOR PERSONAL HYGIENE
Only use hand sanitizer that contains at least 60% alcohol or 60% ethanol or 70% isopropanol

Source: Centers for Disease Control and Prevention

BLEACH SOLUTION FOR DISINFECTING SURFACES
Diluted household bleach solutions can be used if appropriate for the surfaces.

HOW TO PREPARE

OPTION 1: Mix 2 teaspoons of household bleach for every 1 litre of clean water.

OPTION 2: Alternatively, mix 1 tablespoon bleaching powder to every 10 litres of water.

Leave the bleach solution on the surface for at least 1 minute, and then wipe off. Ensure proper ventilation during and after application. Bleach solutions will be effective for disinfection up to 24 hours.

Source: World Health Organisation (WHO)
COVID-19
HOW TO ENSURE YOUR FOOD DELIVERY IS SAFE

1. Avoid direct contact with deliverymen and instruct them to leave your order at the door.
2. If you need to come into contact with the delivery person, maintain a safe distance and wear your mask.
3. Keep cash or credit card handy and the change should be kept in a separate bag.
4. Do not put the packed food directly into the refrigerator.
5. Take the food out into the dishes/utensils from your kitchen.
6. Dispose of the plastic bags/containers after you take out your food.
7. Wash your hands with soap and water for 20 seconds.
8. Do not touch your face (eyes, nose and mouth) or any other surfaces before washing hands.

Always wash vegetables and fruits with warm water and wipe off the boxes and packets of food items with soap and water.
7 WAYS TO BOOST YOUR IMMUNE SYSTEM

- Increase intake of fruits and green vegetables
- Get enough sleep (8 hours)
- Regular exercise (20 mins)
- Quit smoking
- Follow hygiene practices – wash your hands with soap and use hand sanitizer
- Get immunized – age appropriate vaccines
- Stay calm – no stress!

For more information, contact your nearest Aga Khan Health Centre