WHAT IS 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.

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

Source: WHO, CDC, Aga Khan Health Services, Aga Khan University
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

Source: WHO, CDC, Aga Khan Health Services, Aga Khan University
DID YOU KNOW?

Masks are only effective when used in combination with frequent hand-cleaning with alcohol based hand rub or soap and water.

Source: World Health Organization (WHO)
PRACTICE PHYSICAL DISTANCING

Source: WHO, CDC, Aga Khan Health Services, Aga Khan University
PROTECT YOURSELF AND OTHERS

- Avoid contact with others.
- Stay home.
- Wash your hands regularly.
- Cough or sneeze into a tissue or your elbow.
- Self-isolate if you feel sick.

Source: WHO, CDC, Aga Khan Health Services, Aga Khan University
HOW TO CLEAN AND DISINFECT YOUR HANDS

Wash your hands often with soap and warm water for 20 seconds:

- Immediately after removing gloves and after contact with a person who is sick.
- After blowing your nose, coughing or sneezing.
- After using the restroom.
- Before eating or preparing food.
- After contact with animals or pets.
- Before and after providing routine care for another person who needs assistance.

Use hand sanitizer if soap and water are not readily available.

Avoid touching your eyes, nose and mouth with unwashed hands.

Source: Centers for Disease Control and Prevention (CDC)
STAY HOME.
STAY SAFE.

Source: WHO, CDC, Aga Khan Health Services, Aga Khan University
COVID-19 SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported - ranging from mild symptoms to severe illness.

- Cough
- Shortness of breath
- Difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

If you experience shortness of breath or symptoms persist, call your local helplines and seek medical attention immediately.

Source: Centers for Disease Control and Prevention (CDC)
COUGH OR SNEEZE INTO A TISSUE OR YOUR ELBOW

Source: WHO, CDC, Aga Khan Health Services, Aga Khan University
WHAT IS PHYSICAL DISTANCING?

Physical distancing should be practiced by everyone, whether or not exposed to the virus.

This includes a broad set of measures:

- Avoiding handshakes
- Avoiding crowds
- Staying at least 2 metres away from people
- Staying at home if you feel sick

Source: Centers for Disease Control and Prevention (CDC) and National Public Radio (NPR)
HOW TO CLEAN AND DISINFECT SURFACES

- Clean surfaces using soap and water. Practice routine cleaning of frequently touched surfaces.

- Use a household disinfectant.

- Follow instructions on the label to ensure safe and effective use of the product.

- Leave the solution on the surface for at least 1 minute.

- Clean soft surfaces using soap and water or with an appropriate cleanser.

Source: Centers for Disease Control and Prevention (CDC)
HOW TO CLEAN AND DISINFECT ELECTRONICS

For electronics such as mobile phones, tablets, touch screens, keyboards and remote controls:

- Consider putting a wipeable cover over electronics.
- Follow manufacturer's instructions on cleaning and disinfecting.
- If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol.
- Dry surface thoroughly.

Source: Centers for Disease Control and Prevention (CDC)
Wear a mask

Avoid touching the mask while using it. If you do, clean your hands with alcohol-based hand rub or soap and water.

Source: World Health Organization (WHO)
WHAT IS THE DIFFERENCE?

**PHYSICAL DISTANCING**

Physical distancing should be practiced by everyone, whether or not exposed to the virus.

This means that you should stay at least 2 metres away from people, avoiding handshakes and crowds, and staying home if you feel sick.

**ISOLATION**

A diagnosis of COVID-19 triggers isolation. Isolation is for those who are already sick and serves to keep the infected away from healthy people in order to stop the spread of the virus.

**QUARANTINE**

Quarantines are put on groups and communities to separate and restrict the movement of people who were exposed to a contagious disease to see if they become sick.

Source: National Public Radio (NPR)
WEAR A MASK

Did you know that you can spread COVID–19 to others even if you do not feel sick? Cover your mouth and nose with a cloth face cover when around others. Protect others around you.

- Wear a mask when going out in public.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Continue to keep 2 metres between yourself and others. The cloth face cover is not a substitute for physical distancing.

Source: Centers for Disease Control and Prevention (CDC)
WASH YOUR HANDS

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

- Avoid touching your eyes, nose, and mouth with unwashed hands.

Source: Centers for Disease Control and Prevention (CDC)