AKDN Special Bulletin on COVID-19 (Bulletin 1)

SMS Message Library

1. COVID-19 is a new infectious disease caused by the coronavirus. It is very contagious and can spread rapidly through our communities. Stay home and stop the spread. [194 characters]

2. COVID-19 spreads through drops of saliva from the mouth or droplets from the nose when an infected person coughs or sneezes. Stay home and stop the spread. [159 characters]

3. It is possible to catch COVID-19 from someone with mild symptoms or no symptoms at all. Stay home and stop the spread. [121 characters]

4. Protect yourself and others from COVID-19. Wash your hands with soap and water for at least 20 seconds as frequently as possible. [133 characters]

5. Stop the spread of COVID-19. Do not cough into your hands. Cover your mouth and nose with a tissue when you cough or sneeze and dispose the tissue immediately. Wash your hands right after. [219 characters]

6. Protect yourself from COVID-19. Do not touch your eyes, nose or mouth with unwashed hands. Your hands come into contact with many surfaces, which can expose you to the virus. [177 characters]

7. Washing your hands regularly is the best way to fight COVID-19. Wash your hands after coughing or sneezing, when caring for the sick, when returning home from the outside, when preparing food, before eating, and after toilet use. Stop the spread. [251 characters]

8. Wear a disposable mask or cloth face covering when you are out in public and cannot maintain a distance of 1.5 meters from others. Protect yourself and stop the spread. [171 characters]

9. Stay home if you feel sick and take over-the-counter medicines to manage mild symptoms like a dry cough. Seek medical help if you have a high fever, difficulty breathing and/or chest pain. For more information call [insert help line number here]. [250 characters]

10. Maintain a distance of 1.5 meters between yourself and other people at all times. This is especially important for high traffic spaces like the grocery store or pharmacy. Physical distance stops the spread. [211 characters]

11. Avoid people who are coughing or sneezing when you are in high traffic spaces like the grocery store. Wash your hands immediately after returning home. Stop the spread. [172 characters]

12. Avoid busy and crowded spaces. If you need to shop for food or other essentials, try to avoid busy hours. Maintain a distance of 1.5 meters from others and get fresh air as much as possible. [194 characters]
13. You can catch COVID-19 from someone who is infected but does not have symptoms. Wash your hands regularly and keep a distance of 1.5 meters from others at all times. [180 characters]

14. If you have a high fever, cough and difficulty breathing, seek medical attention. Call your doctor before going to his clinic or the hospital. Follow the directions of your local health authority. [200 characters]

15. If your symptoms have progressed rapidly or you are experiencing more severe symptoms, call your doctor immediately. Do not go into the clinic or hospital without calling first. [198 characters]

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