

# COVID-19



**WHAT IS ALIGHT DOING?** Alight is on the front-line – stopping the spread of coronavirus in all 19 countries we work in. Our objective is to protect people – our communities, our staff, and the people we serve. Here are a few guidelines all from the World Health Organization (WHO).

## HOW CAN WE BEST PROTECT OURSELVES?

Prevention is the best approach—the virus can spread even without symptoms. To help stop the spread:

- Wash hands frequently (for 40–60 seconds at a minimum)
- Use hand sanitizer (at 70% alcohol or higher)
- Keep a one meter distance from neighbors in crowds
- Avoid touching your face or others
- Contain coughs and sneezes in tissues or your elbow

## WHAT ARE THE SYMPTOMS?

Common symptoms include:

- Fever
- Tiredness
- Dry cough

And in some cases

- Body aches
- Runny nose
- Sore throat
- Diarrhea

Some people don't develop symptoms and don't feel unwell.

## HOW DO WE BEST PROTECT OUR COMMUNITIES?

We should practice **social distancing**, which involves limiting the number of people we spend time with—the fewer people we touch, the fewer people who can be infected.

- Do not attend unnecessary gatherings
- Wash hands and avoid touching your face or other people
- In crowds, try to maintain one meter distance from your neighbor
- Be especially careful when interacting with vulnerable people
- Above all, keep practicing good hygiene, and if you feel sick, stay home and contact a health worker!

## WHO SHOULD BE MOST CAREFUL?

In general, symptoms are generally mild. 1 to 5 cases are serious (require hospital attention).

COVID-19 is most dangerous for:

- Older people
- People living with preexisting conditions like heart disease, diabetes, respiratory diseases, and HIV
- Pregnant people should also be cautious

## WHAT SHOULD YOU DO IF SOMEONE IS SICK?

- Contact a health worker for advice and assistance, ideally by phone
- Avoid having a sick person travel to a clinic or other public place if possible
- If you are helping a person with symptoms, be sure to wash your hands, and if available, wear a mask and gloves

## IS THERE A VACCINE?

There is no vaccine yet; though researchers are working to develop a vaccine, it could take over a year to be available. Meanwhile, prevention is the best choice.