

# CORONAVIRUS

## What is Coronavirus? (COVID-19)

According to the World Health Organization, (WHO), COVID-19 is a recently discovered infectious disease part of the large family of viruses called Coronaviruses. Common symptoms include fever, tiredness, and dry cough, and in some cases body aches, runny nose, sore throat or diarrhea. Some people don't develop any symptoms and don't feel unwell.

## Who Can Get It?

**Anyone.** People of all ages and cultures can get it. The virus can spread without symptoms, so it's important to practice prevention. This illness is more dangerous for older people and people living with preexisting conditions like heart disease, diabetes, respiratory diseases and HIV. Pregnant people should also be cautious. People experience it differently, and it can be mild, moderate, or severe. Symptoms are generally mild. 1 to 5 cases are serious.

## What are the Symptoms?

Not everyone will show all symptoms, but the most common include:



Cough



Fever



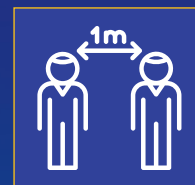
Body Aches,  
Chills



Shortness of Breath/  
Trouble Breathing

## How Can I Stop the Spread?

**Even if you do not feel sick, you could spread the virus!**  
Follow these precautions even if you have no symptoms



In water lines and other public places, maintain 1 meter distance from your neighbor



Wash hands with soap frequently for at least 40-60 seconds



Use alcohol-based sanitizer (70% or higher) if soap and water are not available



Frequently clean hi-touch areas like door-knobs, faucets, toys, etc.



When you cough or sneeze, do so into a tissue or your elbow



Avoid shaking hands or hugging—try a wave instead!



Try not to touch your face (nose, mouth, eyes)

## What if I Feel Sick?



Separate people with symptoms in your shelter or in a separate space in your community



Stay home and contact a health worker for advice and assistance