CORONAVIRUS DISEASE (COVID-19)
Information for VHTs

1. **What is Coronavirus?**
   This is a new virus that causes a respiratory illness in people and animals and can spread from person-to-person through sneezing and coughing droplets. This virus has signs and symptoms similar to the common cold but is dangerous and if not reported early and managed by Health Workers it can cause severe illnesses in humans and can lead to death.

2. **How is Coronavirus Disease (COVID-19) transmitted?**
   - **Person-to-person**
     It is spread from person-to-person through the droplets when an infected person who is within 2 metres coughs or sneezes.
   - **Contact with contaminated surfaces or objects**
     It is also possible that a person can get Coronavirus by touching a surface or object that has the virus on it and then touches their own mouth, nose or eyes.

3. **What are the signs and symptoms of Coronavirus Disease (COVID-19)?**
   While some people may not show symptoms in the earlier stages of infection but most patients will present with:
   - Fever
   - Cough and Sneeze
   - Sore Throat
   - Difficulty in Breathing
   - Other flu-like symptoms like sneezing, runny nose and body weakness

4. **How can Coronavirus Disease (COVID-19) be prevented?**
   Community health workers should encourage community members to observe the following:
   - Regularly wash your hands with soap and running water for at least 20 seconds. Alternatively, use an alcohol-based hand sanitizer.
   - Avoid touching your eyes, nose and mouth with unwashed hands.
Avoid close contact with people who have flu like symptoms like fever, cough or are sneezing.

Regularly clean and disinfect frequently touched objects and surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets and sinks.

No hand shaking and hugging at all times.

Stay home when sick with flu like symptoms to avoid spreading the illness to others.

Cover your mouth and nose with a handkerchief or tissue when coughing or sneezing. Discard the used tissue in a dustbin and wash your hands thoroughly with soap and running water.

Wear a medical mask if you are sick, or if you are caring for someone who is sick.

5. How do you manage someone who develops signs and symptoms of corona virus disease at home?

The best place to manage a sick person with Coronavirus is a health facility, where appropriate care can be offered. However, if one of your household members develops flu like symptoms, do the following:

- Report to the nearest health facility or contact the District Health Office for immediate assistance to evacuate the patient.
- In the meantime as you wait for help to come:
  - Place the patient in a single room with open windows to allow the air to circulate.
  - Allow only a person who is in good health to care for the patient while wearing a medical mask fitted tightly to the face when in the same room as the sick person.
  - Maintain a distance of at least 2 metres (6 feet) from the sick person.
  - Wash hands with running water and soap following all contact with sick persons or their immediate environment.
  - Clean and frequently disinfect touched surfaces such as bedside tables, bedframes, toilet, bathroom, and other bedroom furniture.

6. KEY POINTS TO REMEMBER

- Educate your community on how to remain safe from getting infected
- Be on the lookout and help identify persons in your community who show flu-like symptoms
- Cover your mouth and nose when sneezing or coughing with a handkerchief or flexed elbow.
- Regularly wash hands with soap and running water
- Encourage your community to stay at home and avoid non-essential movements.

For more information, call the Ministry of Health toll free line on: 919, 0800 100066, 0800 303033 & 0800203033 or send a free SMS to Ureport on 8500 or WhatsApp on 0770818139.

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