

Factsheet about Covid19

WHAT IS COVID19?

COVID-19 is a respiratory disease that can spread from person to person and is caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease.

WHAT ARE THE SYMPTOMS OF COVID-19?

Symptoms can include fever, cough and shortness of breath. In more severe cases, infection can cause pneumonia or breathing difficulties. These symptoms are similar to the flu (influenza) or the common cold, which are a lot more common than COVID-19.

HOW DOES COVID-19 SPREAD?

The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing). Individuals can also be infected from touching surfaces contaminated with the virus and touching their face (e.g., eyes, nose, mouth). The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it.

WHO IS MOST AT RISK?

Older people, and people with chronic medical conditions, such as diabetes and heart disease, appear to be more at risk of developing severe symptoms. As this is a new virus, we are still learning about how it affects children. There are relatively fewer cases of COVID-19 reported among children.

HOW CAN THE SPREAD OF COVID-19 BE SLOWED DOWN OR PREVENTED?

As with other respiratory infections like the flu or the common cold, public health measures are everyday preventive actions that include:

- ✓ staying home when sick;
- ✓ covering mouth and nose with flexed elbow or tissue when coughing or sneezing. Dispose of used tissue immediately;
- ✓ washing hands often with soap and water; and
- ✓ cleaning frequently touched surfaces and objects.

RECOMMENDATIONS FOR HEALTHY SCHOOLS

- ✓ Promote and demonstrate regular hand washing and positive hygiene behaviors.
- ✓ Ensure soap and safe water is available at hand washing stations.
- ✓ Encourage frequent and thorough washing (at least 20 seconds)
- ✓ Ensure adequate, clean and separate toilets for girls and boys.

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- ✓ Clean and disinfect school buildings, classrooms and especially water and sanitation facilities at least once a day, particularly surfaces that are touched by many people.
- ✓ Increase air flow and ventilation by opening windows when climate allows.
- ✓ Sensitize and encourage good hand and respiratory hygiene practices.
- ✓ Ensure trash is removed daily and disposed of safely.

FAQs

Why to wash your hands frequently?

- ✓ Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

What is social distancing and why maintain it?

- ✓ Social distancing is maintaining at least 1-meter distance between yourself and anyone who is coughing or sneezing.
When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Why to avoid touching eyes, nose and mouth?

- ✓ Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

What is respiratory hygiene and why practice it?

- ✓ Good respiratory hygiene means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.