

COVID-19: ENGLISH

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Who is at high risk?

- People with medical conditions including those with: Heart disease, Hypertension (high blood pressure), Lung disease, Diabetes, Cancer
- People with weakened immune systems from a medical condition or treatment, such as chemotherapy
- Older adults / The Elderly



Low risk isn't no risk.

Prevention

- Wash your hands as many times as possible, especially in shared living spaces.
- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Cover any cough or sneezes using the bend of your elbow or with a tissue
- Physical distancing - even at home
- Stay at home and try to avoid outside deliveries, contact, and exposure.
- If you are returning from a shared living or communal place (college, trip, etc.) you should self-isolate completely away for at least 2 weeks to ensure you are not risking those around you.



Coronaviruses are most commonly spread through:

- Respiratory droplets when you cough or sneeze
- Close personal contact, such as touching or shaking hands
- Touching something with the virus on it, then touching your eyes, ears, nose or mouth before washing your hands

Symptoms

Symptoms may take up to 14 days to appear after exposure to the virus

- Fever
- Chronic or new cough that gets worse
- Difficulty breathing; Shortness of breath



What do you if you have symptoms?

- If you have symptoms of COVID-19 - fever, cough, or difficulty breathing:
 - Stay home to avoid spreading it to others
 - If you live with others, stay in a separate room or keep a 2-metre distance
- Always CALL ahead before going to see a health provider or health care facility so that they can keep others from being exposed.
 - Tell them your symptoms and follow their instructions
- If you need immediate medical attention, call local emergency number and tell them your symptoms



While you are taking care of yourself or family member:

- Drink and eat properly
- Be sure to not share contact or spaces with anyone
- Check your temperature at least two times a day
- Stay in a specific room
- Use gloves when possible in the house
- Immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterward.
 - The same person using the tissues should cover the trash and keep it away from everyone around them, including when throwing the trash out.



We ALL need to fight COVID-19, globally and together.

- Do not hoard food or other services. There is enough for everyone if everyone shares. Please keep other members of the community in mind if you must purchase anything.
- Our neighbors and fellow South Asians are all depending on each of us. Please look out for vulnerable and other people near you who may need mental health support, finances, food, medicine, hygiene products, sanitary napkins, etc. during this time.
- We cannot all solve all problems we are facing, but if we each play our part, we can help get us one step closer to a safer world.

This guide has been prepared with trustworthy and reliable information from organizations like the World Health Organization, medical experts, among others. Please follow this advice and spread this information to your network and families.

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