## What is Coronavirus?

Coronaviruses are a large family of viruses which may cause illnesses in both humans and animals. Different types of coronaviruses are known to cause respiratory infections in humans. The disease caused by the most recently discovered coronavirus 2019 in Wuhan, China is named as COVID-19.

What is COVID-19?

COVID-19 is a respiratory infectious disease caused by new type of coronavirus previously unkown to cause disease in humans. People infected with coronavirus 2019 show flue like symptoms including cough, fever, breathing difficulties and in some of them pneumonia.

What are signs and symptoms of COVID-19?

The common signs and symptoms of COVID-19 include fever, tiredness, dry cough, shortness of breath, and breathing difficulties.
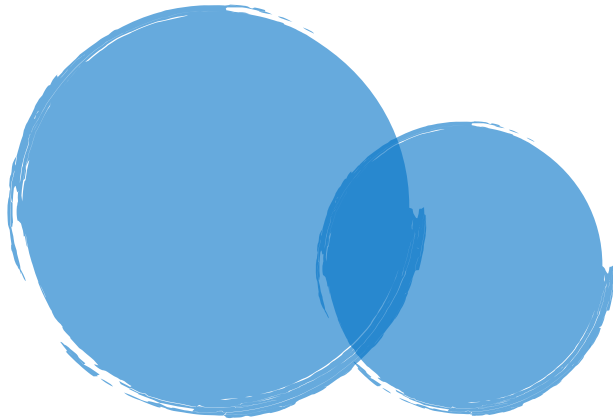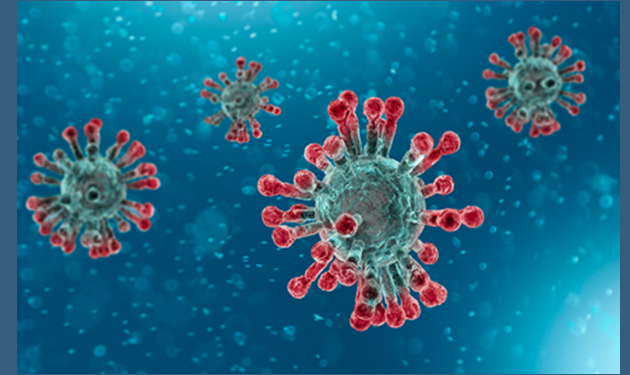
COVID-19

What are the simple measures you can take to prevent spread of COVID-19?

Please take these simple measures:

- Properly wash your hands with soap and warm water for at least 20 seconds before or after you touch your nose/mouth, sneeth or cough, use bathroom/toilet, and before you prepare food;
- Stay at home if you feel sick
- Seek medical advice from a health worker in your closest facility if you have fever, cough and difficulty of breathing,
- When you sneeze or cough cover your nose and mouth with your bent elbow/tissue and dispose the tissue in garbage bin;
- Keep at least a one meter distance with someone who is sneezing or coughing
- Avoid touching your eyes, nose, and mouth

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Who are at most risk of becoming seriously ill?

Based on available evidences illness from COVID-19 is generally mild, particularly among young adults and children. Older adults and people with underlying health conditions such as diabetes, lung diseases, cancer or heart diseases are at greater risk of developing severe illness from COVID-19.

How does the disease spread?

When the disease started the first infections were believed to jumped from animals to humans in a market place in Wuhan, China. Currently the virus is transmitting from person to person though respiratory droplets around the world. A person infected with coronavirus 2019 can transmit the infection to other people through sneezing and coughing. People can also get infected by the virus by touching an object or surface that are contaminated by respiratory droplets and touching their eyes, nose and mouth.
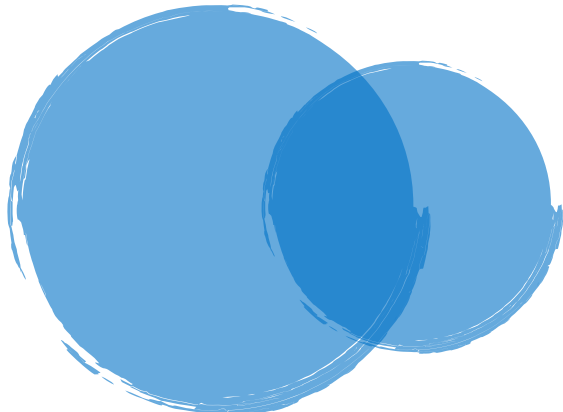
Should I wear a mask to protect myself?

Please wear mask only if you have flu like symptoms (particularly if you are coughing) or providing care for someone who has COVID-19. Otherwise don't waste mask by unnecesarily using them.

The most effective ways to protect yourself and others from COVID-19 are frequently washing your hands, covering your mouth and nose when you cough/sneeze and maintaining distance from people who are coughing or sneezing.

Masks are crucial for health and social care workers looking after patients. Family members who need to provide care for someone who has COVID-19 also need masks.

Disposable masks can only be used once and used properly. Improper use of masks could lead to further spread of the disease instead of containing it.

How can I inform myself?

Please follow advices and get information from appropriate resources. Misinformation and unbalanced reaction to the epidemic may be more harmful than useful.

The World Health Organization and Ministry of Health of Ethiopia provide update on COVID-19 and guidance on what you can do as individual and community. You are strongly advised to stickly follow their advice and guidance. Addresses of the national and global authorities are shown below.

In case you want quick update and further information on COVID-19 please call **8335**, a call center dedicated for the pandemic.

World Health Organization:
https://www.who.int/health-topics/coronavirus

Ministry of Health of Ethiopia:
http://www.moh.gov.et/ejcc/