



RURAL INFORMATION CAMPAIGN ON PRECAUTIONS AGAINST CORONAVIRUS COVID-19

What is COVID-19?

COVID-19 is a contagious disease caused by the most recently discovered coronavirus.

What are the symptoms of COVID-19?



FEVER AND TIREDNESS



DRY COUGH



BREATHING DIFFICULTIES

Many people infected with COVID-19 will show few or no symptoms!

How is the virus transmitted from one person to another?

- Through sneezing or coughing from infected people
- By touching your face with your hands after touching the hands of infected people
- By touching contaminated objects and then touching your nose, mouth or eyes
- By drinking from the same cup or eating from the same plate with others when out of home

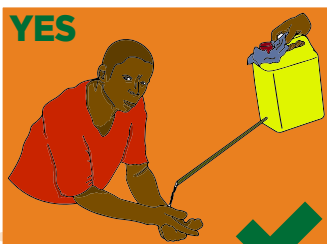


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If you have fever, cough and difficulty breathing, seek medical care early. Stay home and isolate yourself if you feel unwell. Call your health center before going there. Follow the directions of your local health authority

HOW CAN WE PROTECT OURSELVES AND OTHERS FROM COVID-19 DISEASE?



YES
Frequently wash your hands with soap and water for at least 40 seconds, or use an alcohol-based hand sanitizer for at least 20 seconds. Do not handle fire or cook immediately after using hand-sanitizer. Supply material for hand washing in your FFS



YES
Cough or sneeze into your elbow or disposable handkerchief, not your hands



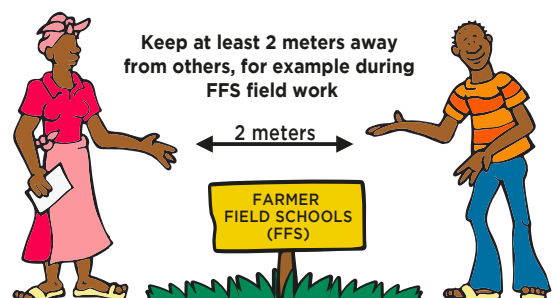
NO
Do not touch your eyes, nose or mouth



NO
Avoid touching the hands and body of others during FFS group dynamics. Avoid groups with many people and closed spaces.



Wear a mask, scarf or cloth to protect nose and mouth when out of home



Keep at least 2 meters away from others, for example during FFS field work