

KNOW THE FACTS

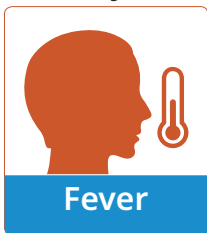
Coronavirus Disease 2019 (COVID-19)

What is COVID-19

COVID-19 is a highly infectious respiratory illness caused by the novel coronavirus disease.

COVID-19 Symptoms

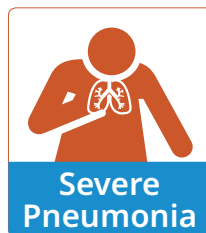
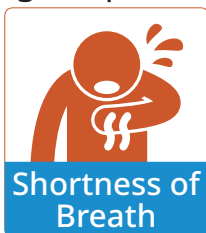
Common symptoms
2-14 days after exposure:



May also include:



Requiring hospitalisation:



DO YOUR BIT - STOP COVID-19

1. **HANDS** Wash them frequently
2. **ELBOW** Cough into it
3. **FACE** Dont touch it
4. **GREET** From more than 3 ft apart
5. **FEEL SICK** Stay home

How it spreads

- Breathing in the respiratory droplets that carry the virus from the infected person after they cough or sneeze
- Touching the surfaces where droplets deposit and then touching the eyes, face, nose, mouth
- The virus can survive from 3 to up to 72 hours on surfaces

Seek medical help

- Shortness of breath
- Persistent chest pain and chest pressure
- Altered level of consciousness
- Bluish skin due to lack of oxygen
- Any other severe symptom

Stages of COVID-19 illness and what to do

- Symptoms are from mild to moderate and severe and may be confused with normal cold and flu
- Critical symptoms that include shortness of breath and pneumonia require immediate medical treatment and hospitalization
- Population vulnerable to contracting the disease are the elderly, above 65 and those with pre-existing conditions, such as lung disease, heart disease, diabetes

If you experience mild symptoms

- Self-quarantine for 14 days
- Call the healthcare and tell them about the symptom. They will determine whether you need to be tested or not
- Do not go to the hospital unless you experience severe symptoms
- Call the health facility before you visit so they are prepared
- People with mild symptoms recover through self-isolation during 14 days and do not need to seek medical help
- If you develop symptoms stay away from elderly and children

How to take care of yourself






- Frequently handwash with soap
- Keep a hand sanitizer within reach
- Get healthy sleep
- Drink fluids and consume healthy food
- Take vitamins, particularly vitamin C
- Observe personal hygiene
- Have good ventilation, if staying indoors
- Avoid doing any work, when experiencing symptoms, or illness

The comprehensive approach of UNODC is aligned with Pakistan's vision 2025.

Striving to achieve the Sustainable Development Goal (SDG) 16 on Peace, Justice and Institutions: *"Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels."* Also contributing to the SDG Goals 3, 5, 8, 11, 15 and 17.



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