



ALL YOU NEED TO KNOW ABOUT COVID-19

Coronavirus Disease 2019 (COVID-19) is an infectious disease caused by a new coronavirus recently introduced to humans for the first time.

It can take up to **14 days** from infection for symptoms to show. The **most common symptoms** of COVID-19 are:

- Fever (not necessarily a high fever)
- Dry cough
- Tiredness or fatigue
- Shortness of breath or difficulty breathing
- Some patients experience aches and pains, nasal congestion, runny nose, & sore throat

Some people are **asymptomatic** – they are infected but do not develop symptoms and do not feel sick. **But they can transmit the virus!**

HOW DOES IT SPREAD?

COVID-19 is spread from person to person mainly through droplets produced when an infected person speaks, coughs, or sneezes. These droplets can land in the mouths or noses of people nearby. A person can also be infected if they get virus on their hands and touch their eyes, nose, or mouth.

Available evidence shows that these droplets are too heavy to travel far in the air – they only travel about one meter and quickly land on surfaces. The exact time the virus can survive on surfaces is not yet known but it is thought to last at least three days.



PEOPLE OF ALL AGES CAN BE INFECTED WITH COVID-19.

Groups that are at higher risk of developing severe illness include:

- Older people (our *lolos* and *lolas*);
- Anyone with pre-existing medical conditions (i.e. high blood pressure, heart or lung disease, or diabetes).

HOW DO I PROTECT MYSELF FROM COVID-19?



STAY AT HOME, KEEP YOUR DISTANCE
Stay at home and stay at least one meter apart from others, both inside and outside home.



CLEAN AND DISINFECT YOUR HOME DAILY
Spray or wipe your belongings and surfaces in your home with a mixture of ¼ cup bleach in one gallon of water, or with a 70% alcohol solution.



KEEP YOUR HANDS CLEAN
Wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand rub.



DON'T TOUCH MOUTH, EYES, NOSE
Do not touch your face, especially if you've touched dirty surfaces.



COVER YOUR COUGHS AND SNEEZES
Use a bent elbow or tissue to cover your mouth or nose. Throw away used tissues immediately.



KEEP INFORMED
DOH and your local health officers will have the latest guidelines on COVID-19. Follow their advice.

WHAT DO I DO IF I CATCH COVID-19?

If you think you've caught the virus, call your local Barangay Health Emergency Response Team (BHERT). Self-quarantine at home for 14 days and monitor yourself to see if you develop symptoms.

Most people (over 80%) will get mildly ill and won't need to go to the hospital. They can manage their symptoms at home by:

- ✓ Taking medicine and advice as prescribed by the doctor to manage symptoms (for example, paracetamol is often prescribed to manage fever)
- ✓ Staying in a separate room from the rest of the family, and limiting the use of shared spaces
- ✓ Wearing face masks to prevent the spread of droplets to others
- ✓ Disinfecting frequently used personal belongings thoroughly with 70% alcohol solution or bleach and water

If you or someone else with COVID-19 develop these symptoms, call your local BHERT and doctor immediately, and follow their advice:

- Difficulty breathing or breathlessness when speaking
- Constant pain or pressure in the chest
- Paleness
- Confusion or changes in mental state

If you can't reach the BHERT or doctor, go to the hospital immediately.

Q&A on COVID-19:

DOES THE VIRUS SPREAD THROUGH AIR?

No, available evidence shows that the droplets carrying the virus are too heavy to stay in the air for very long. They fall up to one meter away on surfaces or on other people after someone coughs or sneezes.

SHOULD I WEAR A MASK TO PROTECT MYSELF?

You should wear a surgical or medical mask if you are sick or if you are caring for someone who is sick. You can wear a cloth or DIY mask when you leave home if you are healthy. Make sure the mask is snug, and covers your mouth and nose. Don't touch your face while wearing the mask. Clean your hands frequently.

CAN I TAKE ANTIBIOTICS TO PREVENT OR TREAT COVID-19?

No, antibiotics do not work against viruses like COVID-19. Right now, there are no medicines proven to prevent or cure COVID-19. You can take medicine to manage symptoms like fever, cough or sore throat.

CAN I SPREAD THE VIRUS EVEN IF I'M NOT SICK OR DON'T HAVE SYMPTOMS?

Yes you can. If you have the virus but are not sick you are asymptomatic. That is why you should self-quarantine if you have been exposed to the virus. You do not want to spread the disease to others.

DOES HOT WEATHER PREVENT THE COVID-19 VIRUS FROM SPREADING?

No it does not. COVID-19 is spreading in many parts of the world, including areas with hot and humid weather.

FOR REGULAR INFORMATION ON COVID-19, FOLLOW THE DEPARTMENT OF HEALTH ON SOCIAL MEDIA:

/OfficialDOHgov @DOHgovPH

FOR EMERGENCY CALLS RELATED TO COVID-19, CALL THE DOH COVID-19 HOTLINE:

(02) 894-COVID or 1555
(02) 894-26843