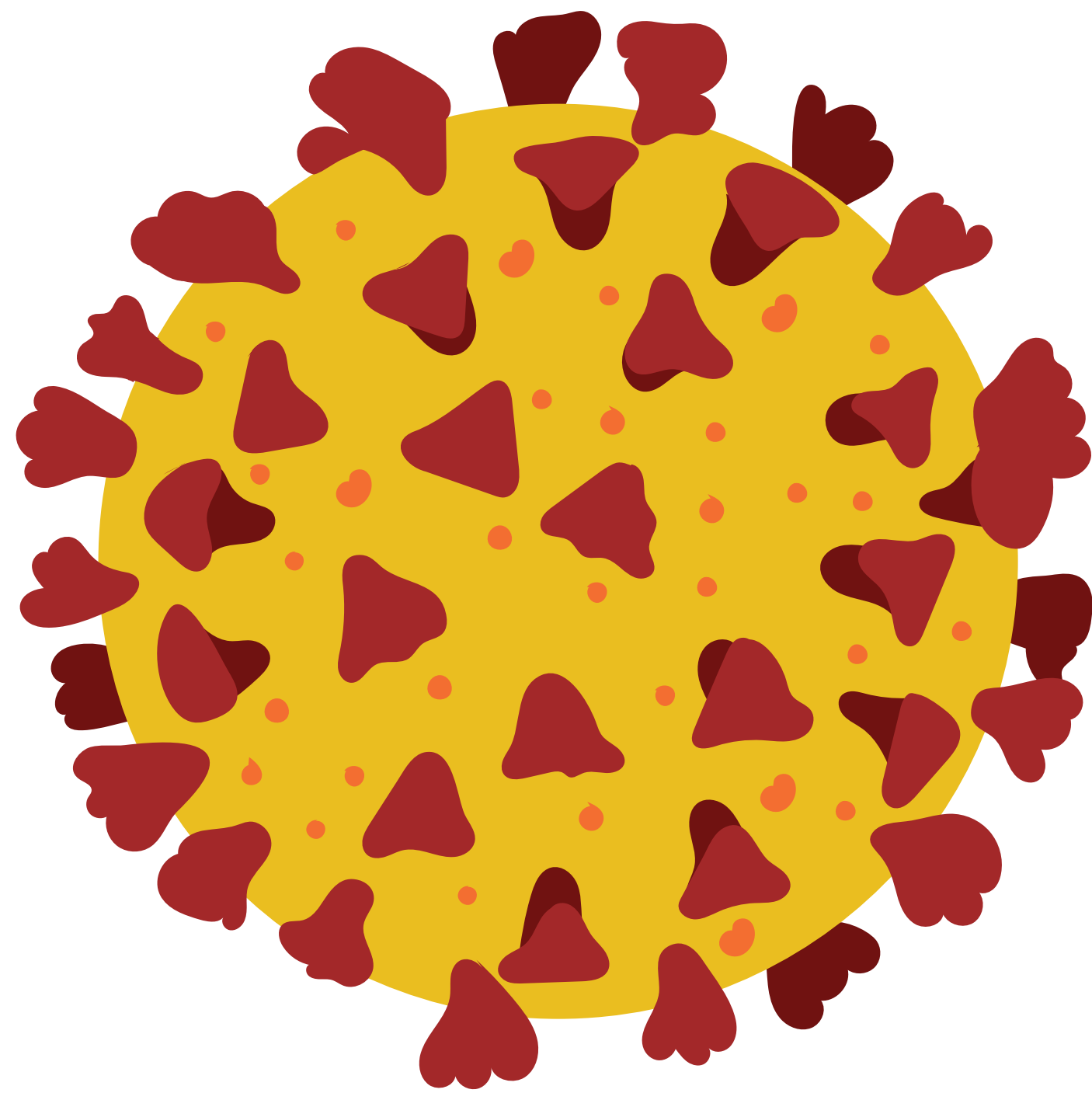




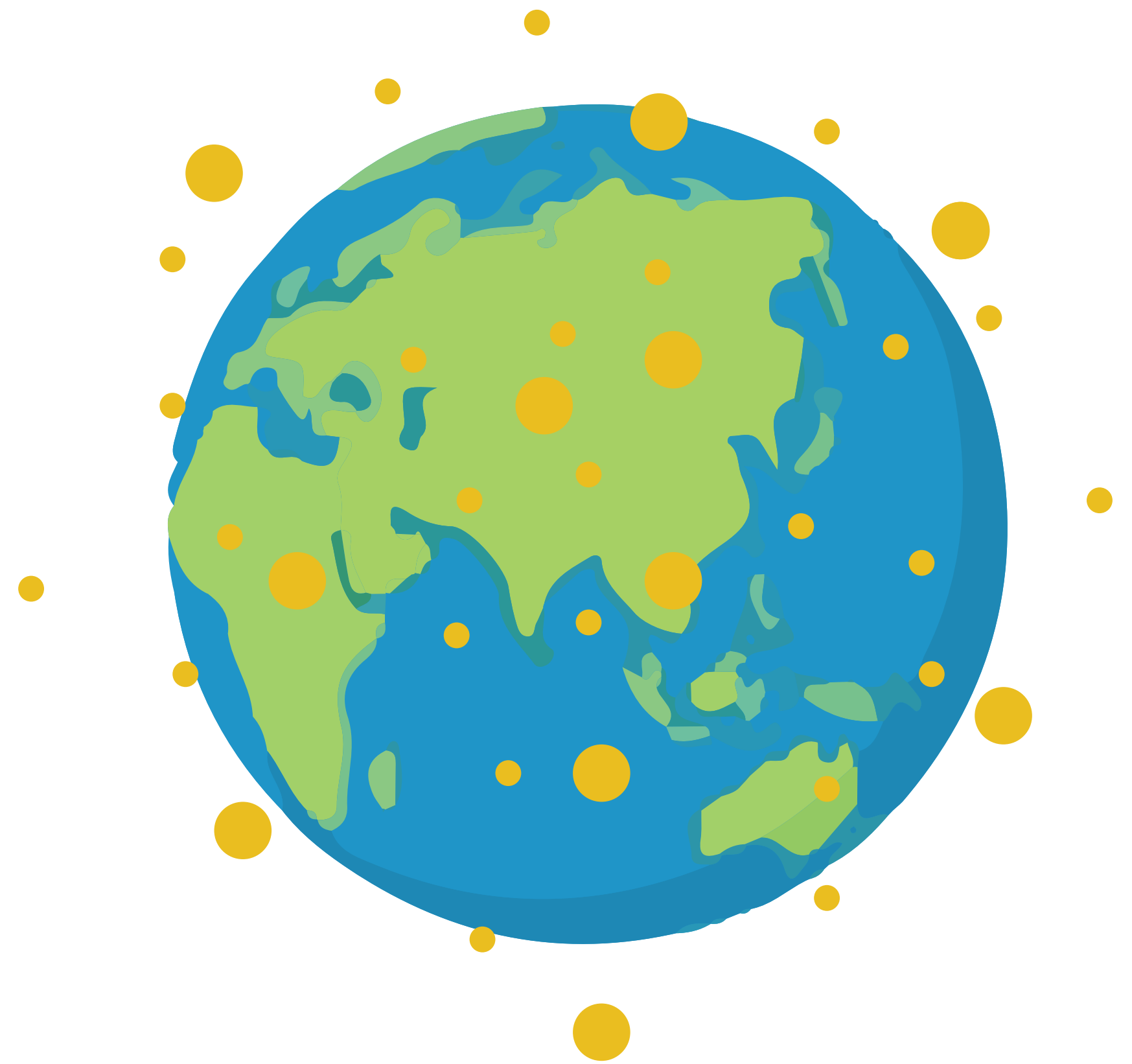
C  **VID-19**
BE AWARE. BE SAFE.

A COMMUNITY TRAINING RESOURCE

WHAT IS COVID-19?



COVID-19 is a disease caused by a new form of the coronavirus. It was first reported in December 2019 in Wuhan City, China



Since then it has quickly spread to more than 200 countries* and infected more than **142,557,268 people***

* Data from WHO April 2021

WHAT ARE THE SYMPTOMS OF COVID-19?



Dry cough



Fever



Chills or sweats



Shortness of breath



Fatigue



Sore throat

Some people also get a runny nose, loss of smell or taste and headaches.

Most people infected with COVID-19 only experience mild symptoms.

But some people will go on to develop severe illness...

SEVERE SYMPTOMS OF COVID-19

In severe cases infection can cause:

- **Difficulty breathing**
- **Pneumonia**
- **Severe respiratory syndrome**
- **Kidney failure**
- **Death**

Initial reports indicate that people at most risk of severe infection are:

- **The elderly – people over 60 years old**
- **People who have heart disease, diabetes, TB, HIV, or other lung diseases.**

Severe infections require hospitalisation



WHY ARE WE SO CONCERNED ABOUT COVID-19?



COVID-19 is easily spread from one person to another. Although in most people it causes just a mild illness, in some people it can lead to a severe illness that may result in death. In order to protect those that are most vulnerable we need to stop the spread.

THIS MEANS WE ALL NEED TO TAKE ACTION
to keep our families, community and loved ones safe.

HOW DO YOU GET INFECTED WITH COVID-19?



The virus is spread from an infected person to someone else through small droplets. These droplets are expelled from the infected person when they cough, sneeze or speak. They enter the air and wait until they are inhaled (breathed in) by another person. This is called airborne transmission. Or they drop and land on surfaces where they are picked up when we touch the infected surface.

HOW IS COVID-19 SPREAD?

COVID-19 SPREADS WHEN:



We are in close contact with someone who has the virus.



We come in contact with the droplets – either in the air or on surfaces.

Because COVID-19 is a new disease, there is no current immunity in our community. This means COVID-19 could spread widely and quickly, infecting many people.

WHAT CAN YOU DO TO PREVENT INFECTION WITH COVID-19?

Stay at home if you feel unwell.



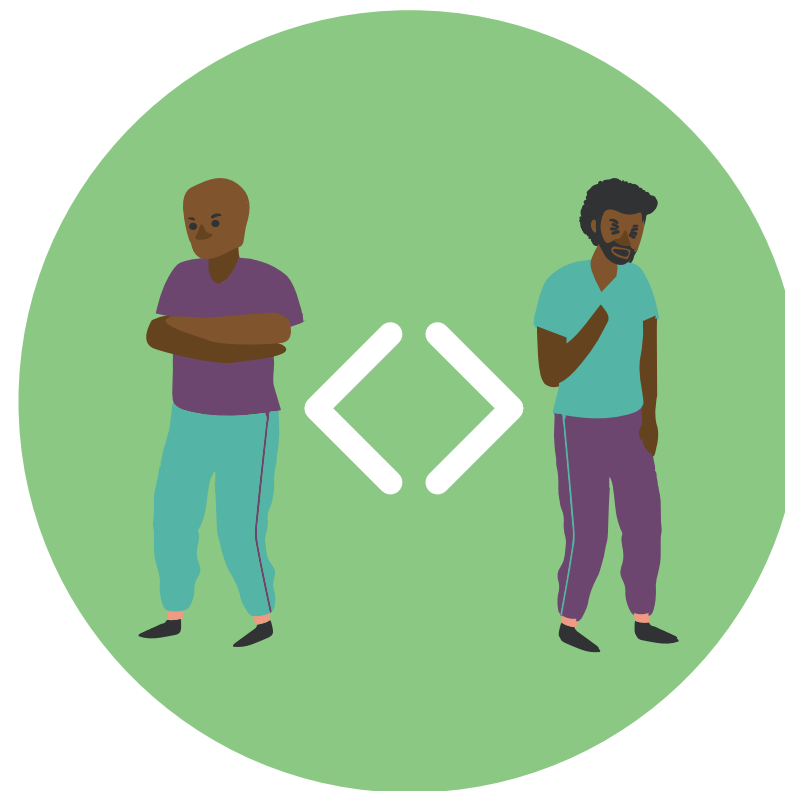
Cover your mouth and nose when you cough or sneeze with your elbow.



Get tested if you have any symptoms.



Avoid close contact with other people, particularly in crowded places.



Wash your hands often.



Wear a face mask if you are in contact with a lot of other people.



HOW DO FACE MASKS PREVENT THE SPREAD OF COVID-19?



Wearing a face mask provides a barrier and stops droplets spreading from an infected person to other people but also stops any droplets that may be in the air being breathed in.

Face masks are recommended for anyone who has possible contact with someone who is infected (for example health care workers) or people who have contact with a lot of other people (for example a shop keeper or if in a PMV).

HOW DO YOU KNOW IF YOU HAVE COVID-19?

You will only know if you are tested



If you have been tested you need to isolate until you get your results back. If your results are positive, you will need to continue to isolate for 14 days.

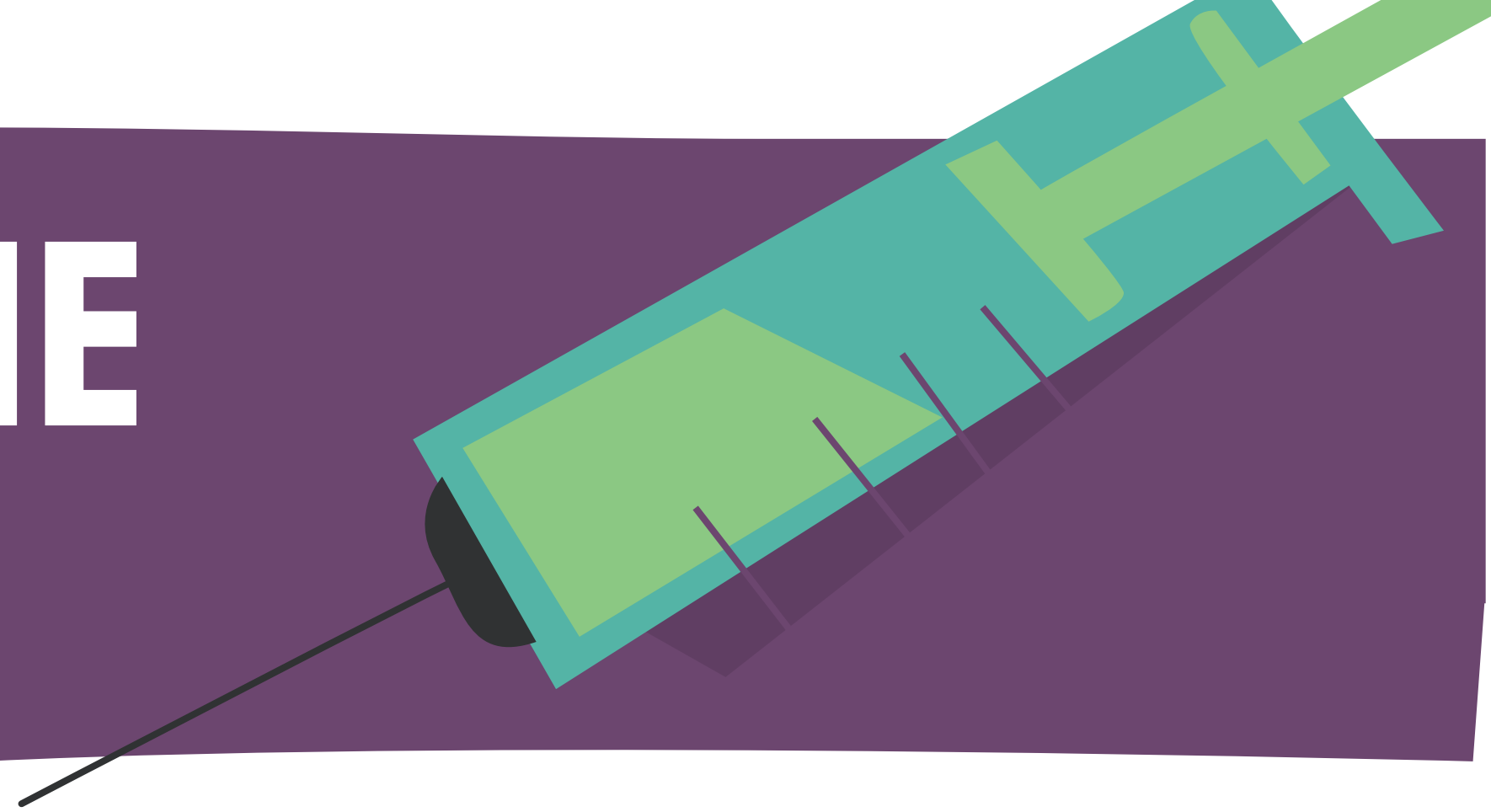
WHAT SHOULD YOU DO IF YOU THINK YOU HAVE COVID-19?

If you think you have any symptoms:

- Wear a mask to prevent infecting others
- Stay at home and isolate from other people
- Contact the health facility and arrange to be tested



IS THERE A VACCINE FOR COVID-19?



Yes, there is a vaccine.

However, until it becomes available in PNG it is important to follow these simple guidelines:



**Stay at home
if you feel
unwell**



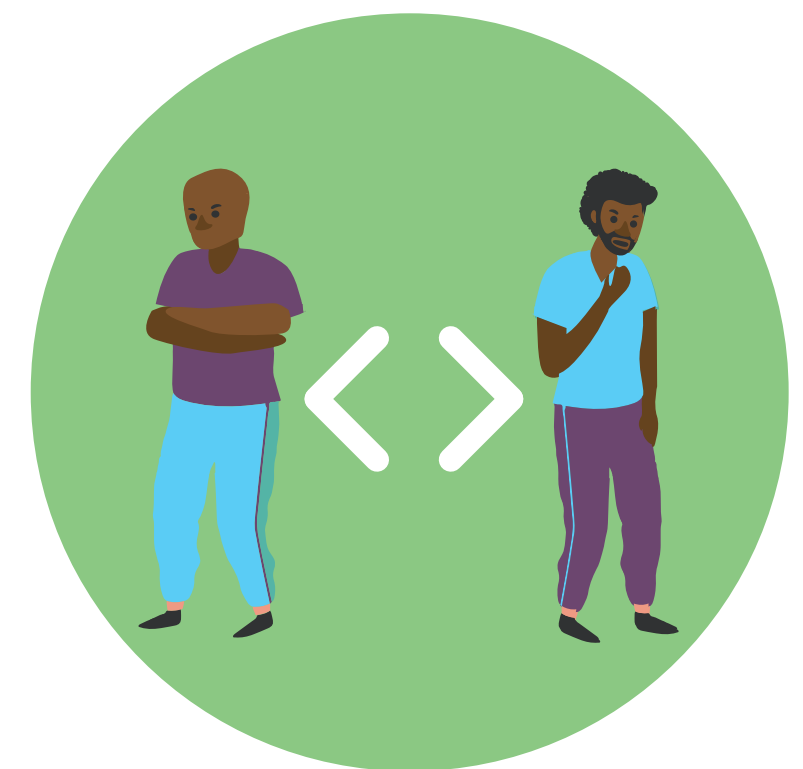
**Get tested if
you have any
symptoms**



**Wash your
hands often**



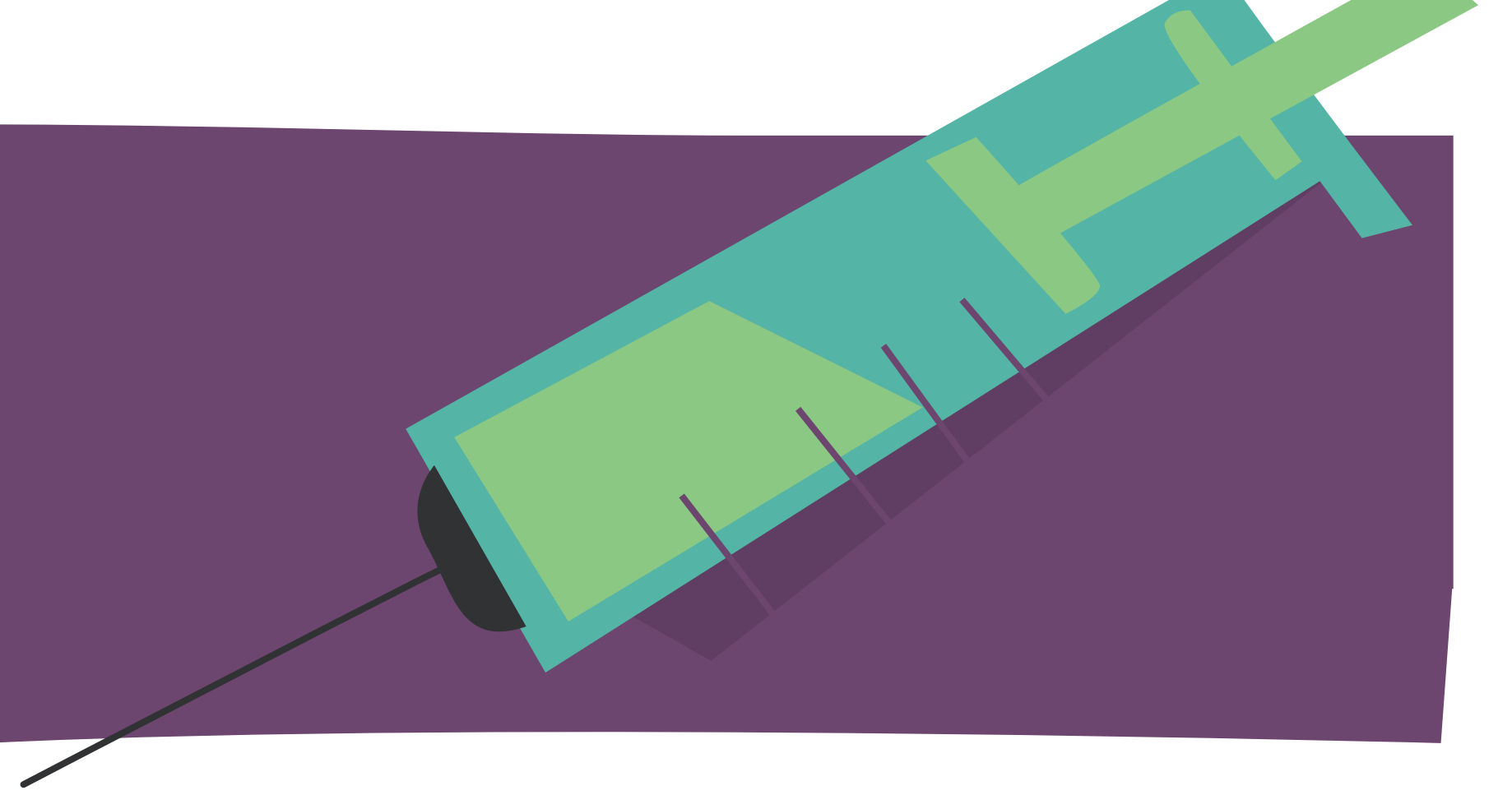
**Cover your mouth
and nose when you
cough or sneeze
into your bent
elbow**



**Avoid close
contact with
other people,
particularly in
crowded places**

IN THIS WAY YOU CAN HELP KEEP PNG SAFE

COVID-19 VACCINES



There are now a number of vaccines developed to prevent the spread and severity of COVID-19 illness. It is important to be vaccinated so that you protect yourself and others in your community.



OTHER IMPORTANT THINGS TO REMEMBER



**COVID-19
DOES NOT
DISCRIMINATE.**

**It could infect and
affect anyone.**

It is important to continue
**ALL ROUTINE
HEALTH CARE**
including vaccination, ANC
and routine care of other
illnesses during this time.



FOR MORE INFORMATION ON COVID-19

**COVID-19 hotline 1800200 or 71441385
(24 hours hotline)**

**PNG online COVID-19 portal
www.COVID19.info.gov.pg**

**PNG NDoH Facebook page
www.facebook.com/PNGNDOH/**

