

COVID-19

& HIV

INFORMATION
BOOKLET

WHAT YOU NEED TO KNOW ABOUT COVID-19

What is COVID-19?

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

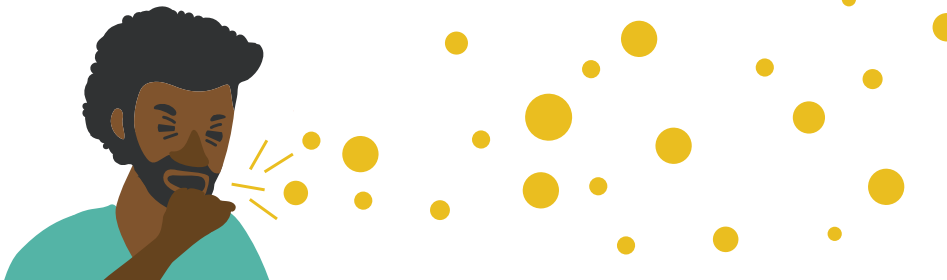
What are the symptoms?

The most common symptoms are fever, chills or sweats, dry cough, shortness of breath, sore throat and fatigue. Some people also experience headaches, nasal congestion, runny nose and loss of sense of smell or taste.

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

In severe cases, infection can cause pneumonia or severe respiratory syndrome, requiring hospital care.

Initial reports have shown that people living with HIV maybe at greater risk of being infected with COVID-19 and could possibly get sicker as a result.



HOW IS COVID-19 SPREAD?



The virus can be spread from person-to-person through:

- close contact with someone who has the virus.
- contact with droplets expelled from an infected person when they cough or sneeze and inhaled by another person.
- touching objects or surfaces (like door knobs or tables) that have droplets from an infected person, and then touching your mouth or face.

Because COVID-19 is a new disease, there is no existing immunity in our community. This means COVID-19 could spread widely and quickly, especially if you already have HIV.

What is the treatment for COVID-19?

There is no specific treatment for COVID-19 in most cases symptoms will resolve on their own. However, if you develop any symptoms and you are HIV+ you should seek medical support.

Is there a vaccine?

Yes, there is now a vaccine available.

Why should people be tested for COVID-19?

If we know who has the virus, that person can protect their family and community by isolating from others.

PREVENTION OF NEW INFECTIONS:

In order to limit the spread of COVID-19 there are a number of public health interventions:

1. The best way to prevent and slow down the spread of COVID-19 is to be well informed about the virus, and to know how it is spread and how to prevent transmission.
2. Cover your mouth and nose when you cough or sneeze to prevent droplets spreading.
3. Wash your hands with soap and water or alcoholic based hand rub frequently, especially if you are touching surfaces that are touched by others.
4. Keep a safe distance (at least 1 metre) from other people, particularly when you are somewhere with a lot of other people.
5. Stay at home if you are feeling unwell.
6. Contact the COVID-19 Hotline on 1800200 if you have any symptoms.
7. Get vaccinated when the vaccines become available in PNG.



COVID-19 & HIV

It is important to remember that while COVID-19 can result in death, most people who are infected will develop a mild illness and recover. However, interruption of routine health services as a result of COVID-19 can have greater impact on your community. It is important that you continue to take your HIV medications and attend all routine appointment with your health care team. If you develop any COVID-19 symptoms get tested quickly and isolate from others.

COVID-19 can infect anyone, it does not discriminate and neither should we.



SHOULD I WEAR A FACE MASK?



It is important for people living with HIV to wear a face mask whenever they are in public places.

A face mask provides a barrier and helps to stop the droplets of COVID-19 that are in the air being inhaled.

Anyone who has signs and symptoms of COVID-19 should also wear a mask to reduce the risk of infecting other people.



STAYING INFORMED ABOUT COVID-19



PNG online COVID-19 information portal
COVID19.info.gov.pg/



PNG NDOH Facebook page
www.facebook.com/PNGNDOH/



Department of Health COVID-19 website
www.health.gov.pg/subindex.php?news=1



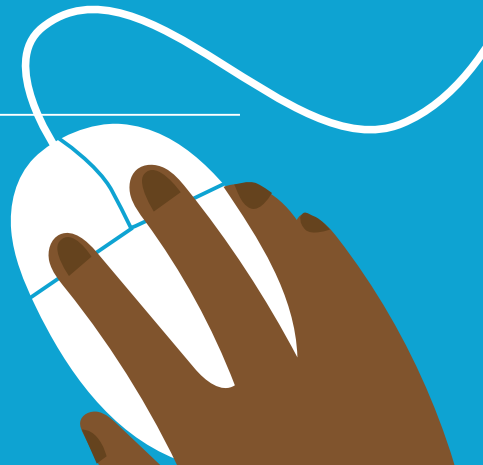
WHO Papua New Guinea Facebook page
www.facebook.com/WHOPapuaNewGuinea/



WHO's latest advice and updates
[www.who.int/emergencies/diseases/
novel-coronavirus-2019](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)



COVID-19 Hotline (NDoH)
1800200 or 71960813



COVID-19 VACCINES

Over the past 12 months, scientists around the world have worked together to develop a number of new vaccines to prevent the spread of COVID-19 and the severity of the illness.

When these vaccines are available in PNG it is important that everyone gets vaccinated.

Ask your health care worker for advice about when you can get the COVID-19 vaccine.

Only when everyone is vaccinated can we prevent the spread of the illness.

