



CORONAVIRUS DISEASE 2019 (COVID-19) FACTS

This fact sheet provides basic information
about Coronavirus Disease (COVID-19)



THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH



World Health
Organization



What is Coronavirus?



1. Coronaviruses are a large family of viruses that can cause disease. The most recently discovered Corona virus causes the disease named COVID-19. In Uganda, we often refer to the disease as Coronavirus.
2. COVID-19 first began making people sick in China in December 2019, and has spread quickly to almost every country in the world.
3. Currently there is a global outbreak of COVID-19 and Uganda has confirmed cases of the disease.

What are the signs and symptoms of COVID-19?

Signs and symptoms of COVID-19 include:



1. Fever
2. Cough
3. Sore throat
4. Difficulty breathing
5. Other flu-like symptoms such as a running nose, sneezing and body weakness.



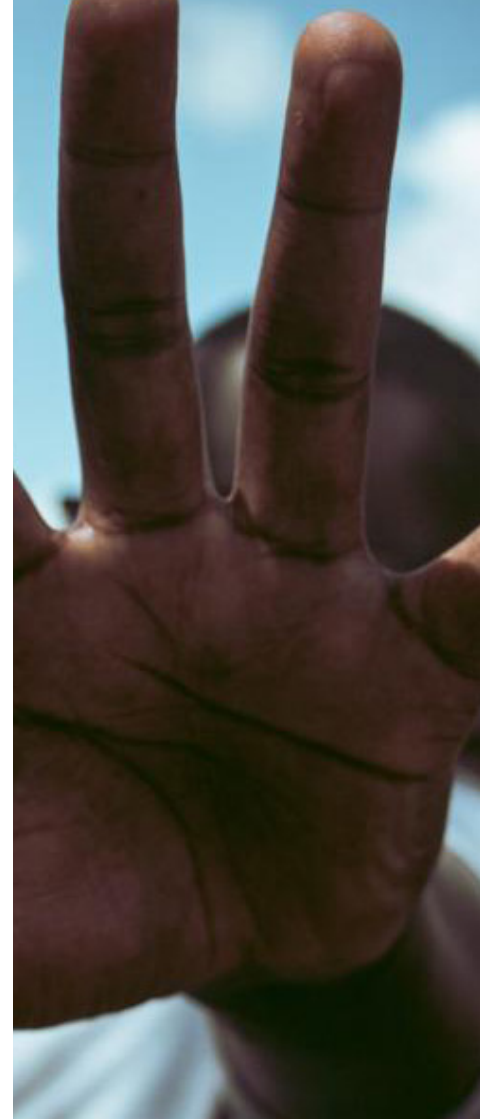
Some people become infected but don't have any symptoms and don't feel unwell. But, they can still spread the virus to others.



Older people and those living with HIV, TB, high blood pressure, heart problems, cancer, kidney disease or diabetes are more likely to develop serious illness. They are also more at risk of dying from the disease

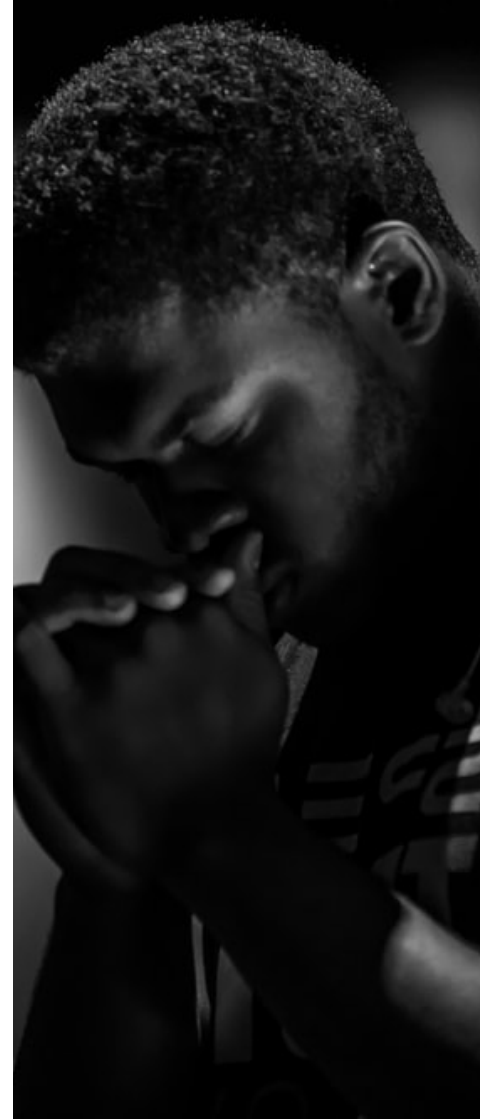
How does COVID-19 spread?

1. People can catch COVID-19 from others who have it.
2. The disease spreads easily from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs and/or sneezes and those droplet come into contact with another person's eyes, nose or mouth.
3. These droplets can land on objects and surfaces like tables, handrails, clothes, beds, chairs, mobile phones, money, etc. Other people then catch the virus if they touch these objects or surfaces and then touch their eyes, nose or mouth without washing their hands with soap.
4. People can also catch COVID-19 if they breathe in the droplets from a person with COVID-19.
5. This is why it is important to stay at least 2 meters away from other people, especially if they are sick.



Should I worry about COVID-19?

1. It is normal to worry about getting COVID-19, because it is easily spread and can cause serious disease or even death. But, you can take precautions to protect yourself and others.
2. Everyone regardless of age, race, ethnicity, tribe, or status is at risk of being infected with COVID-19
3. Illness due to COVID-19 is usually mild, especially for children and young adults. Most people who have been infected with COVID-19 have fully recovered. It is important to seek early treatment if you have any of the signs and symptoms of COVID-19.
4. However, COVID-19 can cause serious illness; about 1 out of every 5 people who are infected need hospital care.
5. This serious disease is most common in people older than 70 years of age, and those with HIV, TB, diabetes, high blood pressure, kidney disease, heart disease, or cancer.



What can I do to protect myself and others from COVID-19?

You can reduce your chances of being infected or spreading COVID-19 in the following ways.



Stay home as much as possible. When you are at home, you avoid coming into contact with others who might have COVID-19. Staying at home will protect you from the virus, and if you get the disease, you will be protecting others from getting it. If you have a fever or cough, it is especially important that you stay home, well away from others.



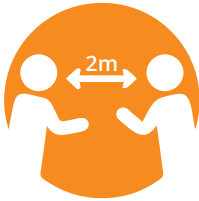
Regularly and thoroughly clean your hands with soap and running water or an alcohol-based (at least 60% alcohol) hand sanitizer. This will kill or remove viruses that may be on your hands.



Avoid handling money because it passes through many hands. Instead, use mobile money or credit cards whenever possible. Remember to wash your hands with soap and water or an alcohol-based sanitizer after touching money.



Avoid shaking hands and hugging. When you touch someone, who has COVID-19, you can get the virus on your hands or you may breathe in droplets from their nose or mouth. And, remember, most people do not show signs of the disease for several days but can still spread the virus.



Maintain at least 2 metres distance between yourself and other people, especially if they are coughing or sneezing. When someone talks, coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain the virus. If you are too close, you can breathe in the droplets, including the Coronavirus if the person has it.



Cover your mouth and nose with your bent elbow, tissue or handkerchief when you cough or sneeze. This will stop droplets from reaching others nearby. Be sure to discard the used tissue immediately in a dustbin or burn it and wash your hands with soap and water or alcohol-based sanitizer. Handkerchiefs should be washed with soap and ironed at least once a day.



Avoid touching your eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Then, your hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and make you sick.



People with flu-like symptoms should use face masks to cover the nose and mouth and stay in a well-ventilated room. People caring for those with COVID-19 symptoms should also wear face masks and wash their hands thoroughly with soap and running water after helping the patient. Limit the number of people who care for the patient to one if possible. This will protect others from coming into contact with the virus.



Clean and disinfect frequently touched surfaces like doorknobs/handles, car doors, elevator buttons, taps, toilet seats, tables, chairs, mobile phones, etc. with regular household disinfectants or soap and water. This will protect people from getting the virus on their hands if they touch these objects.

What should I do if I get sick?

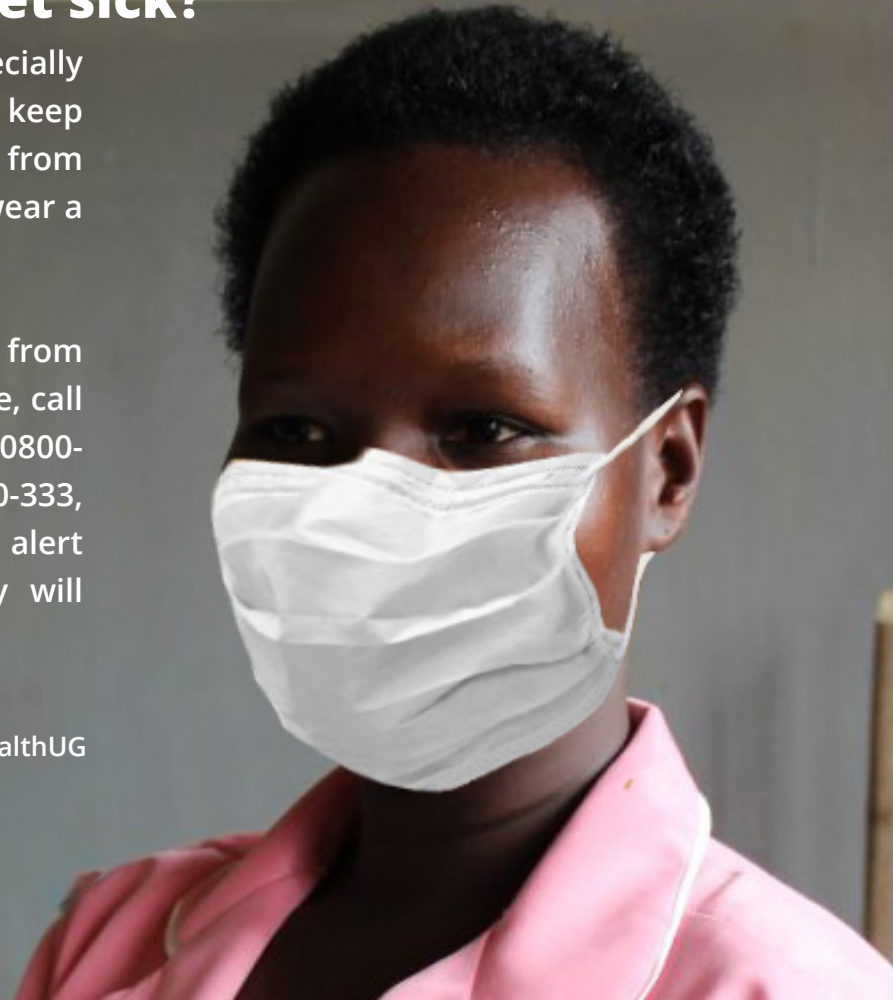
1. If you have a fever or cough, it is especially important that you stay home, and keep at least a distance of two metres from other people at home. If possible, wear a mask.
2. Immediately seek medical attention from a health facility near you. If possible, call a toll-free help line: 0800-100-066, 0800-203-033, 0800-303-033, 0800-220-333, 0800-200-600 or short code 919 and alert them about your condition. They will guide you on what to do.



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Are there medicines or vaccines that can cure or prevent COVID-19?

1. Currently, there are no medicines to treat COVID-19. There is also no vaccine to protect us against COVID-19.
2. However, there is research taking place in several countries to develop medicines and vaccines against the disease.



Should I wear a mask to protect myself?

1. Only wear a mask if you are coughing, sneezing, have a running nose or have COVID-19 or are looking after someone who may have COVID-19.
2. Disposable face masks can only be used once. If you are not sick or looking after someone who is sick then you are wasting a mask. There is a world-wide shortage of masks, so the Ministry of Health and WHO urge people to use masks wisely.
3. The best ways to protect yourself and others against COVID-19 are to:
 - Regularly wash your hands with soap and running water.
 - Cover your mouth and nose when you cough and/or sneeze with a , handkerchief or tissue or bent elbow.
 - Keep a distance of at least 2 meters from other people.
 - Stay at home as much as possible.



Where can I get tested for COVID-19?

1. Currently testing is not for everybody, only those that have signs and symptoms are being tested at designated health facilities. However, on the recommendation of health workers one can be tested after a thorough medical assessment.
2. Please call a toll-free help line: 0800-100-066, 0800-203-033, 0800-303-033, 0800-220-333, 0800-200-600 or short code 919 for more information about testing.



Will eating fruits and vegetables protect you from COVID-19?

1. Eating fruits and vegetables will not protect you from getting COVID-19.
2. However, It is good to eat vegetables and fruits because they will help strengthen your immune system so you can fight the disease better if you get it.



If you drink a lot of alcohol or smoke “Ganja”, will it protect you from COVID-19?

1. This is not true. In fact, drinking a lot of alcohol can make your body weaker and less able to fight the disease if you get it and excessive consumption of alcohol is harmful to your body. Smoking damages the lungs and can make you develop more serious lung related diseases if you get COVID-19.
2. The best ways to protect yourself and others against COVID-19 are to:
 - Regularly wash your hands with soap and running water
 - Cover your mouth and nose when you cough and/or sneeze with a handkerchief or tissue or bent elbow.
 - Keep a distance of at least 2 meters from other people.



Can you protect yourself from COVID-19 by swallowing bleach (Jik) or sanitiser?

1. This is not true. In fact, swallowing bleach or sanitiser is very dangerous and can kill you.



Will eating garlic or local herbs protect you from (COVID-19)?

1. There is no scientific evidence that eating garlic or local herbs protects people from COVID-19.



Is COVID-19 a curse?

1. COVID-19 is not caused by a curse. It is a disease caused by a new Coronavirus.



Can young people and children get COVID-19?

1. People of all ages can get COVID-19
However, people who are older than 70 years of age are more likely to become severely ill and die.



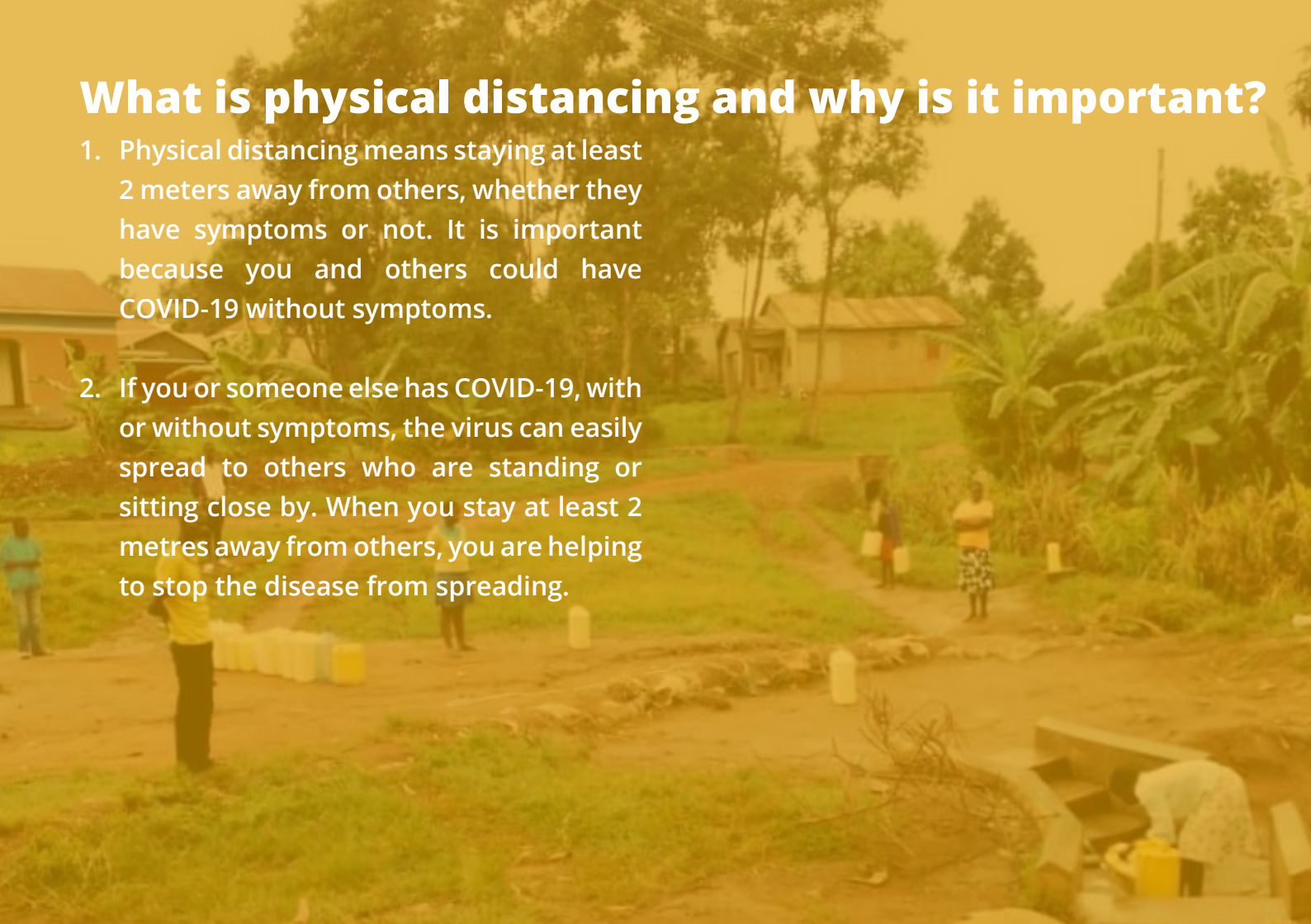
Is it true that warm climate and a lot of sunshine like that in Uganda kills COVID-19?

1. Unfortunately, this is not true. We have seen that COVID-19 is affecting people in all countries in the world, including countries with warm and humid weather like Uganda.



What is physical distancing and why is it important?

1. Physical distancing means staying at least 2 meters away from others, whether they have symptoms or not. It is important because you and others could have COVID-19 without symptoms.
2. If you or someone else has COVID-19, with or without symptoms, the virus can easily spread to others who are standing or sitting close by. When you stay at least 2 metres away from others, you are helping to stop the disease from spreading.





THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH

For more information, call the Ministry of Health toll-free numbers:
0800-100 066, 0800-203-033, 0800-303-033, 0800-220-333, 0800-200-600, or dial the short
code 919 Or send a FREE SMS to Ureport on 8500 WhatsApp 0770 818 139.

Residents of Kampala should call 0204-660-816, or 0800-990-000.



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