



CORONAVIRUS

A POCKET GUIDE



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You've probably heard of the coronavirus, but what exactly is it?

Some say "it's just the flu" or "people are overreacting", but this is something important.

To keep you, your family and your community safe, we all have to play a part and act quickly.



It is a new virus that came from far away, but now it's made its way around the world, and it's everywhere.

Because it's a brand-new virus, people don't have the same protections as they might with a cold or a nasty stomach bug.

While scientists and doctors are working on a vaccine, in the meantime we have to protect ourselves.



It's true that while we work together to fight the virus, you or someone you know might get it.

DON'T PANIC, and follow the instructions prescribed to you by your doctor.

What should I watch out for?

- Dry cough
- Fever and fatigue
- Aches and pains
- Nasal congestion
- Runny nose
- Sore throat
- Diarrhea

More serious symptoms could include difficulty breathing. If you experience any of these, consult a doctor immediately.





**What's the best way to keep
the virus away?
WASH YOUR HANDS!**

When we wash our hands with soap and water, for at least **30 seconds**, we can stop or slow the spread of the virus if we may have touched it.

Much like when you clean a dish with soap to break down grease or food, soap also breaks down the coating around the virus – making it more vulnerable and you, safer!

While soap and water are the best protection, hand sanitizer is also effective in keeping your hands clean.



How is the coronavirus spread?

Through tiny droplets of liquid, that could come from a sick person who may cough or sneeze.

It's very important that if you do cough or sneeze, that you **cover your mouth and nose**.

The best way to do this is with your elbow, so your hands remain clean from any of the virus.



No matter if you're sick or not, regularly clean surfaces that you touch with your hands, such as handles, doorknobs, rails, steering wheels, keys, keyboards and mouse.

If you have a phone, clean that too!

Screens especially can hold a living virus on their surface for several days.





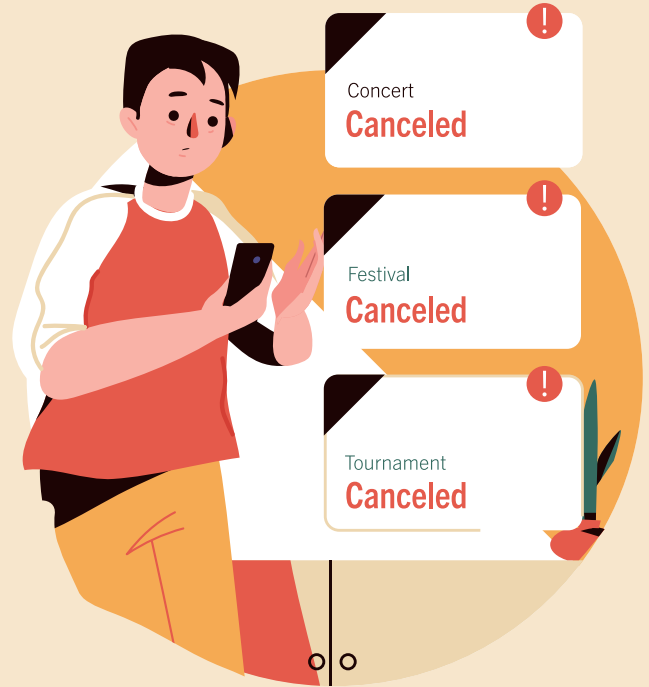
You might start to hear the phrase “social distancing” used during this time.

This means putting a little extra space between yourself and others, **at least 1 meter to prevent spread or contagion.**

It might also be necessary to stay home for a while,

so the virus that might already be in a community can dry up and leave it safer for everyone later.

If this happens, listen to local authorities on what exactly you should do. Large gatherings like shows, services or parties are being cancelled or postponed for a little while.



Elderly people or those that may have heart disease, lung disease, or diabetes are more likely to have a tough time with coronavirus.

It's very important to look out for any friends and family under these conditions and take extra preventive measures.



If you know that someone around you caught the virus, you will have to spend some time at home to make sure you don't have the virus, or spread it further.

This is called a quarantine, and means that for 14 days, you should stay in your home.

While not very fun, it's important that if you get sick, you stay away from others as much as possible while in quarantine.





**While at home,
always keep washing your
hands, and keep surfaces,
clothes, or bed sheets that
you use clean.**

Open windows in your home, or increase circulation through your air conditioning to keep breathing fresh air.

This way, it's less likely that someone in your household will get sick too.

Most cases of the coronavirus disease get better after resting, drinking lots of water, and taking any medicines your doctor prescribes.

Of course, if any symptoms get worse, you have to let a doctor know.



Life might look a bit different while we all work to beat this disease, but if everyone plays their part, we can keep families, friends and ourselves safe!





This booklet was produced by Ternium, in collaboration with Humanitas Research Hospital, for its employees and community.

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