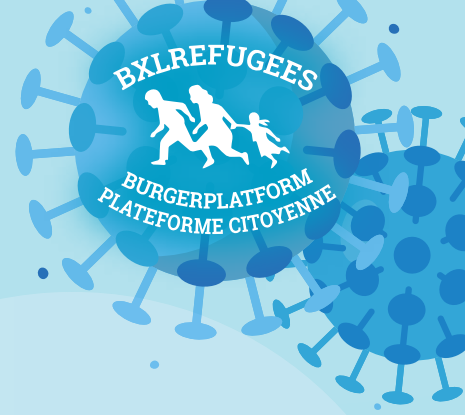


CORONA

COVID-19



SYMPTOMS similar to flu



Fever /
cold shivers



Coughing /
sneezing



Difficulty
breathing



Muscle
pain

i WHAT IS IT?

The Coronavirus is a **very contagious disease** with symptoms like the flu. It's a new virus. No one has ever had this disease before. That's why more people get sick and why it's more dangerous. Especially someone with a weak health, for them it's very dangerous.

IS IT DANGEROUS?

It's dangerous especially **for people with a weak health:**

old people

babies < 6 months

pregnant women

severe diseases: e.g. diabetes, pulmonary diseases, ...

people living on the streets

HOW TO PROTECT YOURSELF / OTHERS?



Wash your hands regularly with soap and water.



Cough or sneeze in a **paper tissue**. Use a tissue only once and **throw it away** in a garbage can. Always wash your hands after this.



If you don't have a tissue, use **the inside of your elbow**. Don't cough/sneeze in your hands.



Avoid close contact with people, **keep 1 meter distance** and don't touch each other, even when greeting them.



If you are sick: **find a safe shelter** until you are better. The disease is only gone after 2 weeks.



Don't touch your face with your hands. You can spread / catch the disease.

WHERE CAN YOU GET HELP?



1 Ask your **Belgian family** or an assistant in **the camp** where you are staying what you should do.



2 If you have no one to contact, go to the **Hub** (Red Cross) in Brussels and explain that you think you have Corona.



3 Do you have serious difficulty breathing? Only in this case you can go to the **hospital** and explain your symptoms.