**COVID-19**

**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

**SYMPTOMS** similar to flu

- Fever / cold shivers
- Coughing / sneezing
- Difficulty breathing
- Muscle pain

**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.