

Information on CORONAvirus - COVID-19



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.brussels



The Symptoms

Fever



Shortness
of breath



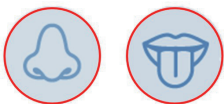
Dry Cough



Scratchy throat



Loss of taste
and/or smell



Headaches



The symptoms for coronavirus are pretty similar to those of a common cold or flu. Once infected it's possible you don't feel very sick or you can have a mild or severe pneumonia.

The groups at risk

People suffering from chronic diseases like:

Hypertension



Diabetes



Pulmonary
problems



Elderly



Risk increases significantly with age. The elderly and people suffering from chronic illnesses or and Immunodeficiency disorders are more vulnerable to serious symptoms.

How is the virus transmitted?

By breathing infected droplets



By touching an infected surface



By having close contact with an infected person



Coronavirus is mainly spread from person to person through infected droplets. Droplets are small drops of airway secretion, which can be released when coughing, sneezing or talking. They **enter the body through the mouth, nose or eyes**. This can happen by breathing in infected droplets or by touching, with your hand, a surface on which droplets have landed and then touching your eyes, mouth or nose. The virus can be transmitted by infected people with symptoms, but it can also be transmitted by infected people without symptoms.

How can you protect yourself?



1. Wear your mask

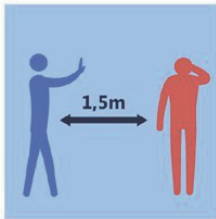
Wash your hands before wearing your mask. Cover your nose, mouth and chin with your mask. By wearing a mask you protect the people around you. If everyone wears a mask the protection is mutual.



2. Wash your hands regularly for 20 sec

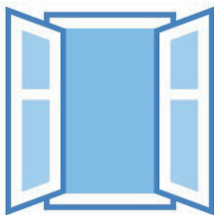
Wash your hands with soap and water or with a hydro-alcoholic solution. Be careful a hydro-alcoholic solution doesn't work on dirty hands.

Wash your hands: before and after eating, after using toilet, after touching public objects (ex public transport), after sneezing or coughing.



3. Avoid close contacts

Maintain a distance of at least 1,5 meters from other people, in particular if they are coughing, sneezing or if they have a fever. When Sneezing and/or coughing cover your mouth and nose with the crease of your elbow or with a handkerchief - throw the handkerchief away immediately.



4. Good ventilation

Make sure to open the window for 15 min every 3 hours. Good ventilation increases the fall of droplets. That diminishes the risk of the droplets infecting you.



5. Avoid touching your eyes, nose or mouth

Your hands are in contact with numerous surfaces that could be contaminated by the virus. If you touch your eyes, your nose or your mouth, you risk being in contact with the virus if it is present on these surfaces.

What to do if symptoms appear?



If you feel unwell or have one of the symptoms fever, cough, flu-like symptoms:

1. Stay at home or in an isolation structure, to avoid infecting other people.

Most important is to avoid direct contact with others. Always maintain a distance of 1,5 meter from others, cough in your sleeve and wear a mask!



2. Call a doctor

* **1710** always available, free consultation by phone

* **Athéna** center 0494/189024

OR

Please go to the humanitarian **HUB**:

100 Avenue du port, 1000 Brussels.

The **distribution of the tickets** to access free medical service starts at **11am**.

The HUB is **open from 1pm to 4pm** every day, except wednesday.

