COVID-19 Outbreak

CHEAT SHEET

Don't Be Afraid

Be Protected Against **COVID-19** With These Prevention Methods!

Transmission

- AIR
- WILD ANIMAL CONTACT
- HUMAN CONTACT
- TOUCHING EYES WITH DIRTY HANDS

Prevention

- Wash your hand with soap
- Avoid close contact with contaged people
- Wearing a face mask
- Stay home when sick

Symptoms of SARS

A high temperature (fever)

Extreme tiredness (fatigue)

Headaches

Chills

Muscle pain

Loss of appetite

Diarrhea

Treatment for SARS

Assisting with breathing using a ventilator to deliver oxygen

Antibiotics to treat bacteria that cause pneumonia

Antiviral medicines

High doses of steroids to reduce swelling in the lungs

Symptoms of MERS

Fever

Cough

Shortness of breath

Pneumonia is common, but not always present.

Gastrointestinal symptoms, including diarrhea

Some basic questions to ask your doctor include

How likely is it that the new coronavirus is causing my symptoms?

What are other possible causes for my symptoms?

What tests do I need?

What course of action do you recommend?

Are there restrictions I need to follow?

Should I see a specialist?

Tips that can help you cope with stress during the COVID-19 outbreak

Avoid watching or reading news about COVID-19 that makes you feel anxious.

Get the facts about COVID-19, visit sites such as CDC and WHO for information.

Take care of yourself and Avoid alcohol and drugs.

Do something you enjoy, such as reading a book, watching a movie or going on a walk.

Keep connected with family and friends. Share your feelings with them.

Aim to be positive and optimistic.

Show appreciation for health care workers who care for those with COVID-19 in your community.

What is being done to find an effective treatment for COVID-19?

Remdesivir

Chloroquine

Lopinavir and ritonavir

APN01

Favilavir

Symptoms of COVID-19 include

Fever

Runny nose

Dry cough

Shortness of breath

Fatigue

Body aches

Fever (100.4 degrees Fahrenheit or higher)

Pneumonia

Take steps to protect yourself from COVID-19

Clean your hands often

Avoid close contact

Stay home if you're sick

Cover coughs and sneezes

Wear a facemask if you are sick

Clean and disinfect

If you have COVID-19

Reduce contact with others

Self-monitor, self-isolate and isolate

Social distancing

Hygiene

Wearing masks

Novel coronavirus vaccines

TJM2 by I-Mab Biopharma

Vaccine by Medicago

AT-100 by Airway Therapeutics

TZLS-501 by Tiziana Life Sciences

OYA1 by OyaGen

What others can do to support older adults?

Community support for older adults

Family and caregiver support

Adult Congregate Living Facilities