THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH

What STUDENTS need to know about
CORONAVIRUS
(Covid-19 DISEASE)

What is Coronavirus?

The Coronavirus causes Flu-like illness in people. It is dangerous and if not reported early to the nearest health facility, it can cause severe illnesses in human beings and it can kill.

How is it spread?

It can be spread from person-to-person through the droplets from sneezing or coughing from an infected person.

What are the signs and symptoms?

Most patients who have been infected with the Coronavirus have the following signs and symptoms:

- Fever
- Cough
- Sore throat
- Shortness of breath

It is important to report these signs and symptoms immediately to your teacher or school-nurse or nearest health worker and health facility to manage the symptoms early.

How can Coronavirus be prevented?

- Avoid close contact with people who are visibly sick with flu-like symptoms (fever, cough, sneezing).

- Avoid touching your eyes, nose, and mouth with unwashed hands.

- Always wash your hands often with soap and water for at least 20 seconds:
  - o Before handling food or eating
  - o After sneezing, coughing, cleaning the nose and after going to the toilet
  - o After physical exercise

- Regularly clean frequently touched objects and surfaces such as door handles.

- Stay at home if you are sick

- Cover your mouth and nose with a handkerchief or tissue when you cough or sneeze and wash your hands thoroughly with soap and water.

- Avoid visiting congested/ crowded places

- Eat food that is hot and well-cooked especially meat and eggs

- Avoid contact with farm or wild animals

- Report any student with signs and symptoms of Coronavirus to your teachers or nearest health worker

What should a sick person with Coronavirus do?

- If you're sick, it is better to inform your teacher or your parent immediately
- Visit the nearest health facility for check-up
- Rest and avoid over activity/exertion
- Drink enough water
- Protect your friends from getting infected by covering your mouth and nose whenever you sneeze or cough
- Stay isolation – when you're sick
- Do not spit in public

Is there treatment or a vaccine for Coronavirus?

- There is no specific treatment for Coronavirus.
- It is important to get assistance from the nearest health-worker.

REMEMBER ALWAYS TO TALK TO YOUR PARENT AND TEACHER WHEN YOU DO NOT FEEL WELL

For more information, call the Ministry of Health toll free line on:
0800 100066, 0800 203033 or send a **free SMS** to Ureport on **8500**

World Health Organization

unicef
for every child