



THE NILE EXPLORER BUS  
HEALTH & SAFE SPACES COMPONENT:

# COVID-19 AWARENESS TALK



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## What is COVID-19?

COVID-19 is a novel virus that produces a range of flu-like symptoms. It has an airborne mode of transmission whereby a person acquires the infection by getting into contact with droplets from an infected person either through a sneeze or cough. You can also get infected once you come into contact with contaminated surfaces where droplets from an infected person have fallen. People with COVID-19 have had a wide range of symptoms reported ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## Children & Adolescents Can Get Covid-19.

While fewer children have been sick with COVID-19 compared to adults, children can be infected with the virus that causes COVID-19, can get sick from COVID-19 and can spread the virus that causes COVID-19 to others. Children, like adults, who have COVID-19 but have no symptoms (“asymptomatic”) can still spread the virus to others.

Most children with COVID-19 have mild symptoms or have no symptoms at all. However, some children can get severely ill from COVID-19. They might require hospitalization, intensive care, or a ventilator to help them breathe. In rare cases, they might die.

## How to prevent infection from the Coronavirus

- Wearing a mask when in crowds.
  - Avoid crowded places and maintain a social distance of 1m from a person coughing or sneezing.
  - Wash your hands frequently with soap or an alcohol-based sanitizer.
  - Avoid touching your face (T-zone; nose, mouth and eyes).
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## Resources and Reading Material

- a. <http://e.america.gov/t/i-686D87779D14C3E22540EF23F30FEDED> (COVID-19 Resource Toolkit #2)
- b. <https://e.america.gov/t/i-l-mjkjya-l-b/> (CDC Coronavirus Home Page)
- c. <https://e.america.gov/t/i-l-mjkjya-l-n/> (USAID Webpage on COVID-19)
- d. <https://e.america.gov/t/i-l-mjkjya-l-p/> (The USAID Implementing Partner Resource Center (IPRC))
- e. <https://e.america.gov/t/i-l-mjkjya-l-m/>