

What is **coronavirus** and **covid-19**?



- The new coronavirus is a virus that causes respiratory illness.
- Covid-19 is an infectious disease caused by this virus. In most cases, its symptoms are similar to those of a common flu. But some cases can progress to serious conditions, especially in the elderly and people with pre-existing chronic diseases, such as hypertension, diabetes, asthma, and tuberculosis.

What are the most common symptoms?

- Cough (usually dry)
- Fever (usually high)
- Difficulty breathing



When to seek medical assistance?

- If you feel difficulty breathing, seek a hospital immediately. Access: bit.ly/buscasaudesp.



This card was produced based on the guidelines issued by the Brazilian Ministry of Health. For more info, dial 136.

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How is the new **coronavirus** transmitted?

- Handshake (main form of transmission)
- Sneeze
- Cough
- Phlegm
- Droplets of saliva
- Contaminated objects or surfaces, such as cell phones, tables, door handles, etc.



How to protect yourself from the new **coronavirus**?

- Maintain social distancing.
- When coughing or sneezing, cover your mouth and nose with your elbow.
- Wash your hands regularly and thoroughly with soap and water or use hand sanitizer.
- Avoid touching your eyes, mouth and nose.
- Do not share personal items.
- Keep rooms well-ventilated.
- Avoid mass gatherings and crowded places.
- Keep a two-meter distance from other people.



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What is **social distancing**?

- Social distancing is a measure to guarantee the least amount of physical contact between individuals. It requires that people try to work from home and go out as least as possible and only for what is necessary, such as for groceries and medicine.
- Health authorities have determined social distancing to help prevent the spread of covid-19, since it is a very contagious disease.



While at home, do not forget to:

- Pay attention to personal hygiene. Wash your hands regularly!
- Keep rooms well-ventilated and clean.
- Avoid visits from people who do not live in your home.

Be safe
#StayHome



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