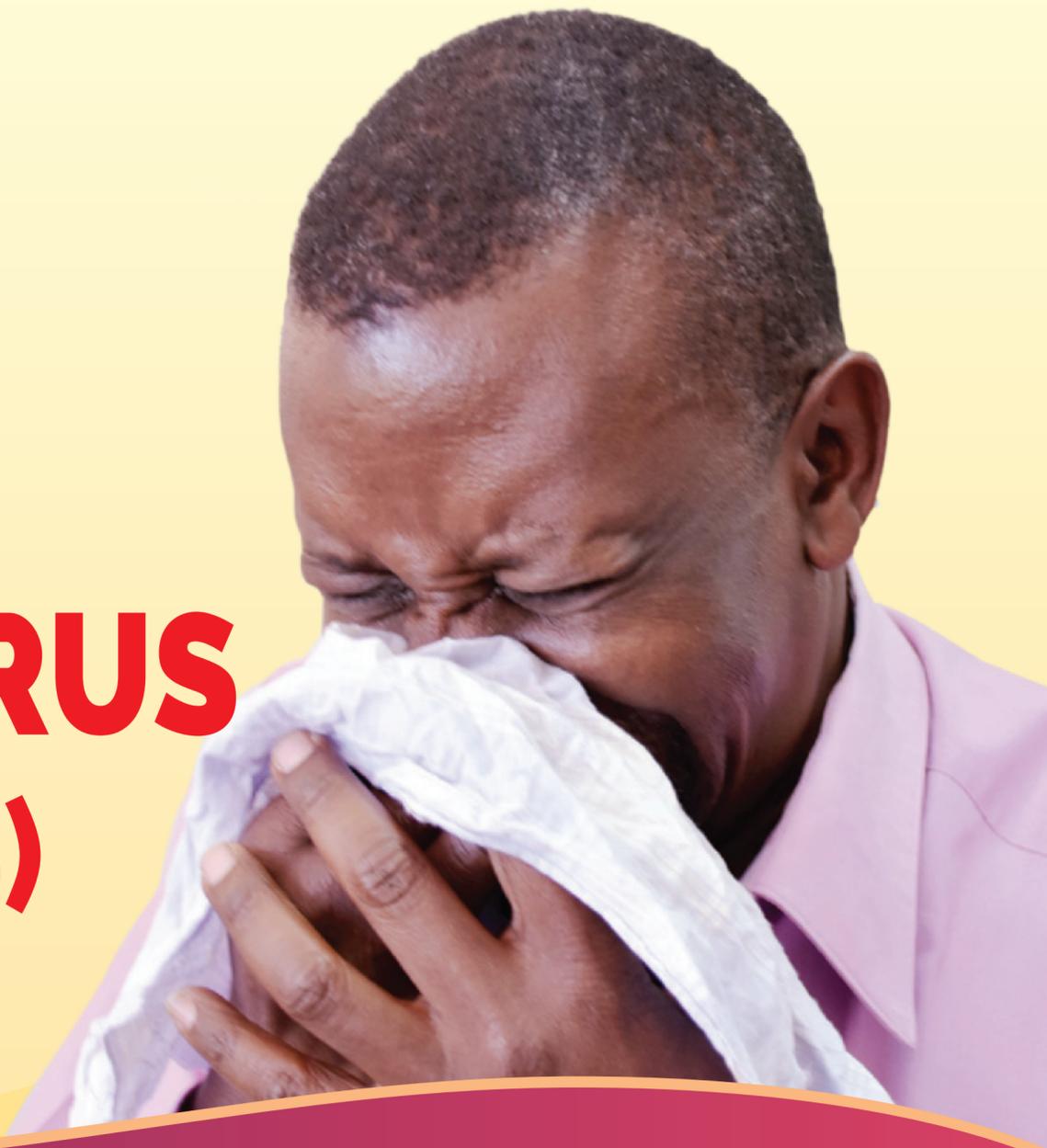




THE REPUBLIC OF UGANDA

MINISTRY OF HEALTH

CORONAVIRUS (COVID-19)



How does Coronavirus (COVID-19) spread?

- You can get infected with Coronavirus if an infected person sneezes or coughs and their droplets come into contact with you
- You can also get infected if you touch a surface that is contaminated with Coronavirus and then you touch your eyes, nose and/or mouth
- Coronavirus is dangerous, spreads quickly and can lead to death

What are the signs and symptoms of Coronavirus (COVID-19)?

- Fever
- Cough
- Sore throat
- Difficulty breathing
- Other flu-like symptoms such as a running nose, sneezing and body weakness

You can prevent yourself from getting infected with Coronavirus (COVID-19) by:

- Keeping a distance of at least two (2) metres from one another
- Regularly washing your hands with running water and soap
- Avoiding contact with anyone with a cold or flu-like symptoms
- Covering your nose and mouth when sneezing and coughing with a tissue, handkerchief or bent elbow
- Avoiding touching your eyes, nose, and mouth with unwashed hands.

For more information, call the Ministry of Health toll free line on:

0800-100-066, 0800-203-033 and 0800-303-033

or send a **free SMS** to Ureport on **8500** or WhatsApp on **0770-818-139**



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