



THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH

CORONAVIRUS (COVID-19)



HOW DOES COVID-19 SPREAD?



If an infected person sneezes or coughs and their droplets come into contact with you



If you touch a surface that is contaminated with Coronavirus and then you touch your eyes, nose and/or mouth

WHAT ARE THE SIGNS AND SYMPTOMS OF COVID-19?



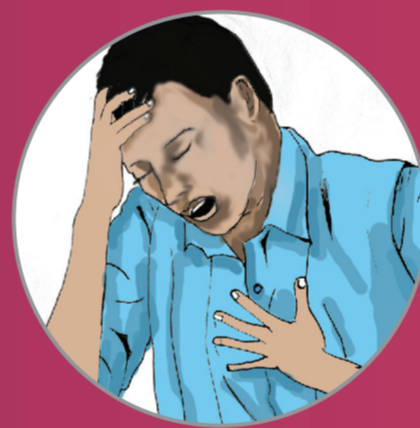
Fever



Sore throat



Cough



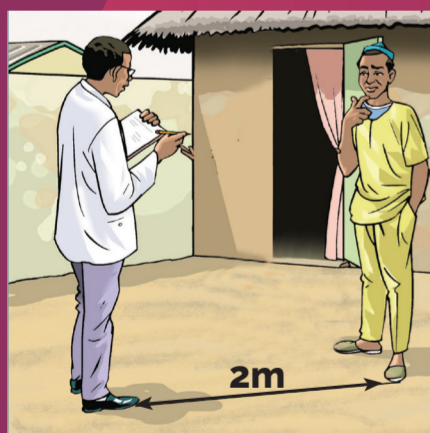
Difficulty in breathing



Other flu-like symptoms such as a running nose, sneezing and body weakness



HOW CAN YOU PREVENT YOURSELF FROM GETTING COVID-19?



Keep a distance of at least two (2) metres from one another



Regularly wash your hands with running water and soap



Cover your nose and mouth when sneezing and coughing with a tissue, handkerchief or bent elbow



Avoid contact with anyone with flu-like symptoms



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

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

919, 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**



World Health Organization



for every child