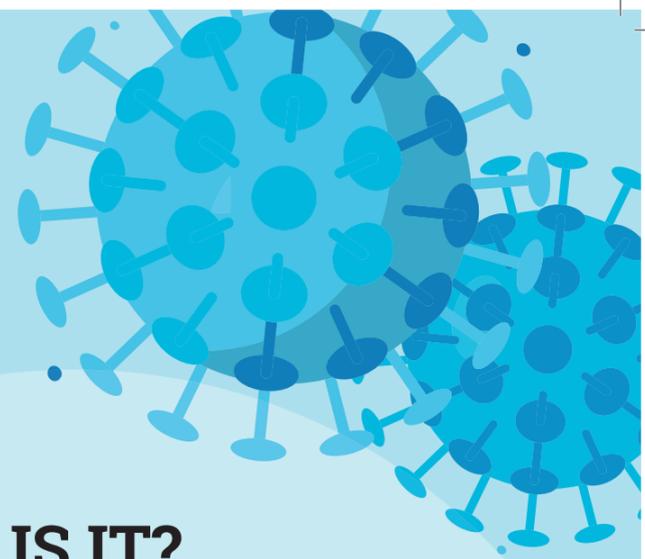


CORONA

COVID-19



SYMPTOMS



Fever



Coughing



Difficulty breathing



Muscle pain



Loss of smell /
loss of taste

🦟 WHAT IS IT?

It's a new virus and our understanding of the virus and the disease is still evolving.

It's a **very contagious disease** with symptoms similar to the flu that can cause severe respiratory diseases like pneumonia.

A majority of people (80%) will not get very sick from it. They will only show mild or moderate symptoms, or even no symptoms at all. But they can transmit the disease. Some people will be more affected by it and will require hospitalization. This virus is particularly dangerous for people with a weaker health.

⚠️ WHO IS AT RISK?

Everybody can be infected by the virus but the disease is more dangerous for:

older people (>65)

people with **existing diseases** such as chronic lung diseases, heart diseases, high blood pressure, diabetes, ...

people living in **poor hygiene conditions**

HOW IS THE VIRUS TRANSMITTED?

The virus mainly spreads from person to person through infected droplets when coughing, sneezing or speaking.

This can happen by breathing in infected droplets, or by touching with your hand a surface

on which droplets have landed and then touching your eyes, mouth or nose.

The virus is spread by any person infected by the virus, even if the person doesn't have symptoms. This is why everybody should respect the prevention measures.



HOW TO PROTECT YOURSELF AND OTHERS?



Always keep **1.5 m social distance**. Don't touch each other, even when greeting.



Wash your **hands regularly** for minimum 20 seconds with soap and water.



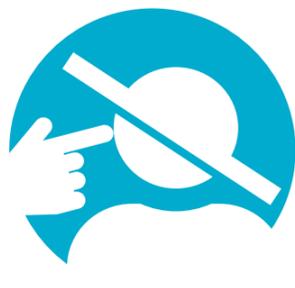
Cough or sneeze in a **paper tissue**. Use a tissue once and **throw it away** in a garbage can and wash your hands.



If you don't have a tissue, use **the inside of your elbow**. Don't cough/sneeze in your hands.



Gatherings are forbidden. You can be outside with a **maximum of 1 other person**.



Ensure your **hands are clean** before you touch your face.



Open windows for 15 minutes regularly to make the droplets fall faster.



If you are sick: **find a safe shelter** until you are better.

HOMELESS?

WHERE TO GO IF I'M SICK?

If you have flu-like symptoms, avoid contacts with others as much as possible and respect the protection measures.



1 Stay inside (if you have a place to stay), inform someone you have symptoms and **avoid contacts with others** as much as possible.



2 Call for free **1710** or call **0494/18.90.24** (Athena) to talk to a doctor.



3 The **HUB** remains open for medical consultations:
Avenue du Port 100,
Bruxelles



4 Do you have serious difficulty breathing? Only in this case you can go to the **hospital** and explain your symptoms.