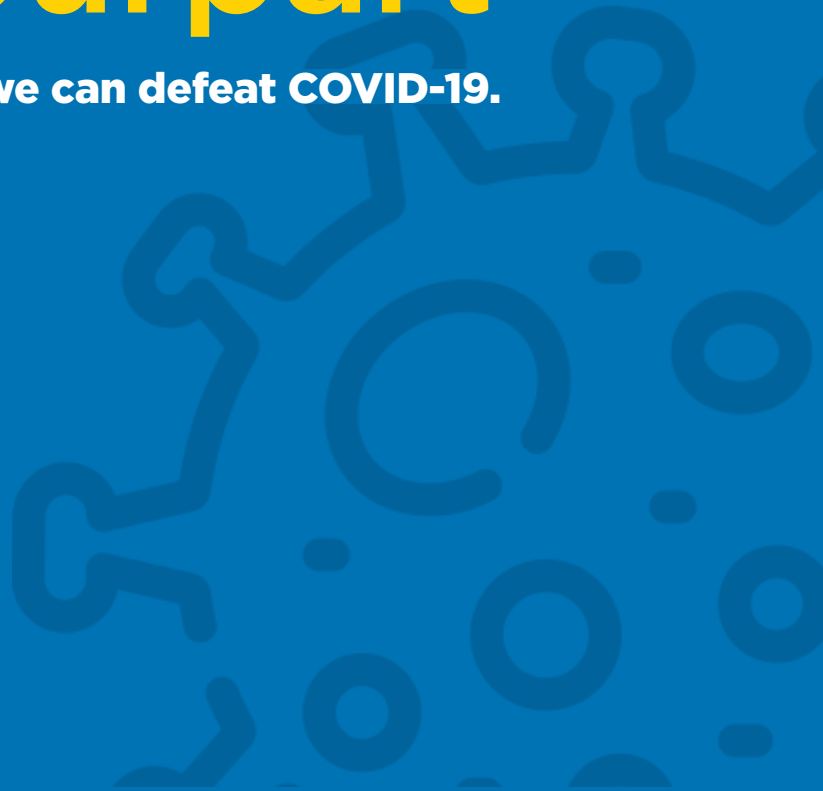


COVID-19 Facilitator Guide

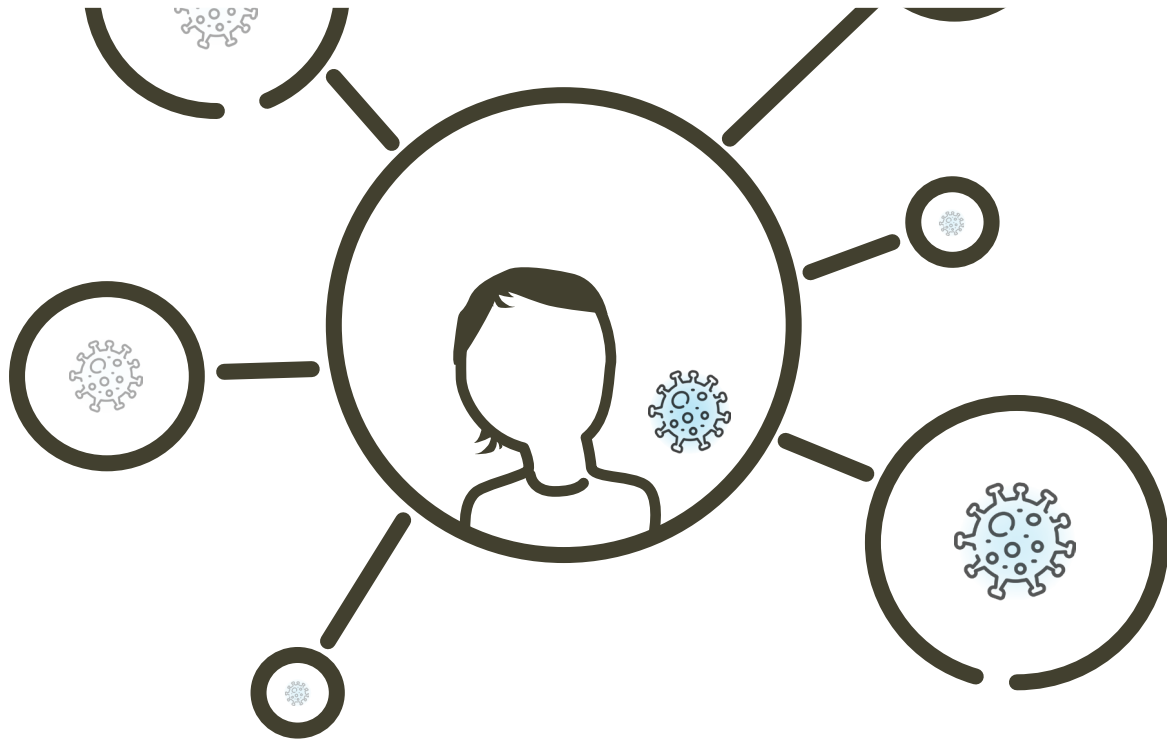


#doyourpart

If we all do our part, we can defeat COVID-19.



What is coronavirus?



COVID-19 is a disease caused by a coronavirus, which is a small germ (too small to see with the bare eyes) that can spread between people.



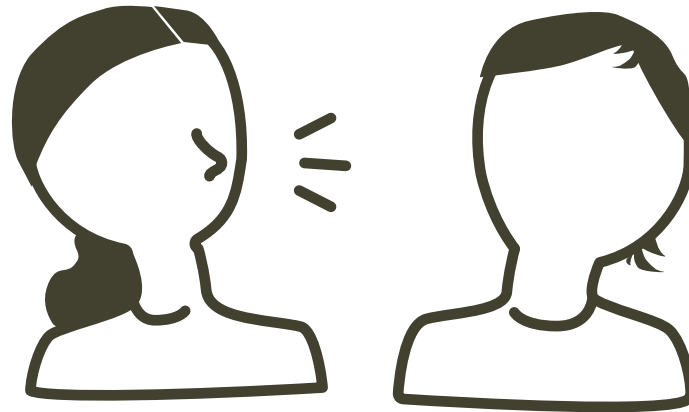
COVID-19 is shortened for coronavirus disease 2019, the year it was discovered.



The coronavirus can spread easily from one person to another. COVID-19 has infected more than 13 million people in all countries of the world.



How does coronavirus spread?

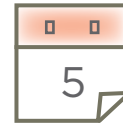


Sneezing
Coughing
Breathing
Talking

Coronavirus enters your body when an infected person breathes, coughs, or sneezes on you or on surfaces you touch, and you then touch your eyes, nose or mouth.



Most people get sick about 5 days after getting infected, but coronavirus can live in the body for 2 to 14 days before signs of illness appear.



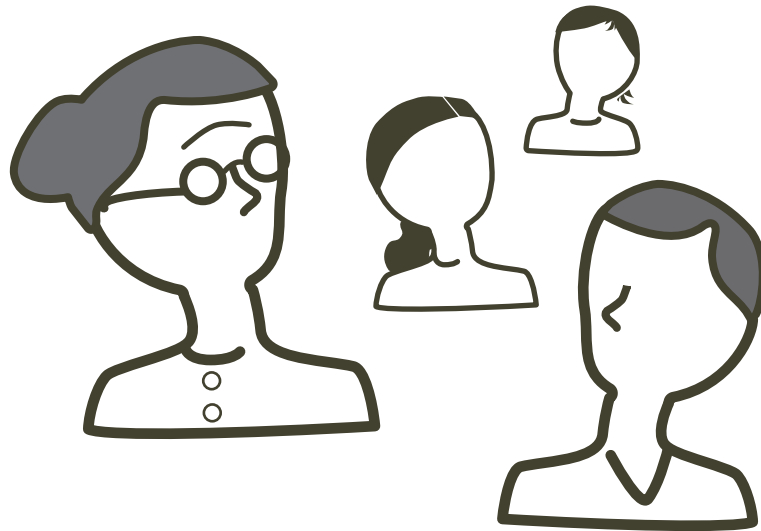
Some people can be infected and never get sick (asymptomatic), so people can have coronavirus and not know it, and spread the virus to others.



Anyone who is infected with coronavirus can pass it on to others. Some people with coronavirus may spread it to others for a few days after they feel better again.



Who can get coronavirus?



ANYONE
can get it

Anyone can get COVID-19: women, men, youth, elders, rich people, toshaos, members of the village council, local authorities, people of all religions, Afro-Guyanese, Indo-Guyanese, Amerindians, miners, farmers, government workers.



COVID-19 can be an extremely serious disease and lead to death, particularly for people over 60 years old or people with underlying problems - such as heart, lung or kidney disease, diabetes or high blood pressure.



Persons who do not follow preventive measures will endanger the lives of their parents, grandparents or anyone who is at risk for serious illness.



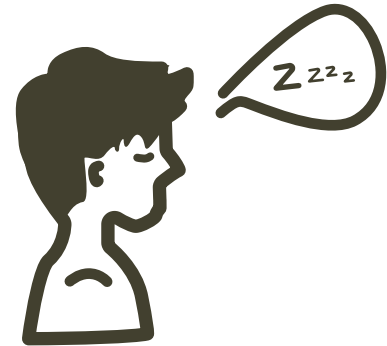
What are the symptoms of coronavirus?



Body aches,
fever and
tiredness



Dry cough



Fatigue

The most common symptoms of COVID-19 are fever, tiredness, and dry cough.



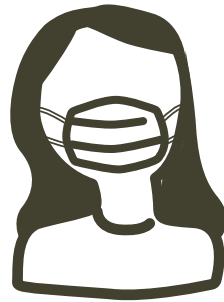
Other symptoms include shortness of breath or difficulty breathing, chills, muscle pain or body aches, fatigue, nasal congestion or runny nose, sore throat, new loss of taste or smell, diarrhea and nausea or vomiting.



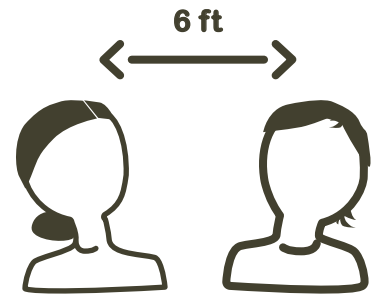
How can you prevent infection?



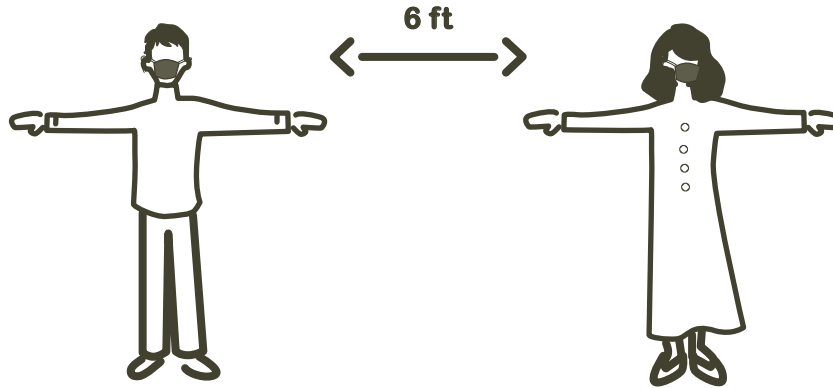
Hand washing



Wearing a mask



Physical distancing



1

Limit physical contact with other people.

Stay at least 6 feet apart from others. Avoid people other than those you live with and all of you should avoid contact with others.

Try to stay away from crowded areas where you might come into close contact with people and infected surfaces that can spread coronavirus.

Follow approved guidance on size of gatherings.

2



Wear a mask.

Wear a mask when in public to stop the spread of COVID-19. A person can be infected with COVID-19 without knowing it, therefore wearing a simple cloth mask covering your nose and mouth in public can stop people from infecting others. If everyone does this, you avoid spreading COVID-19 to others and they avoid spreading it to you!



How to wear a face mask.

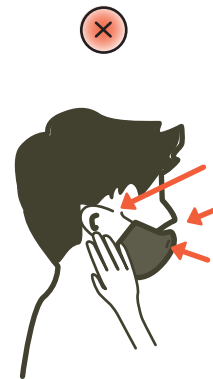
Wash hands before and after removing or touching the mask

Use the straps to put on and remove the mask

Ensure the mask covers your nose, mouth and chin and leaves no gaps between your face and the mask

Store in a clean plastic, resealable bag if not dirty and you plan to reuse it

Wash cloth masks with soap and detergent at least once a day.



How not to wear a face mask.

Don't use a mask that is dirty, wet or looks damaged

Don't wear a mask under the nose

Don't wear a loose mask

Don't remove the mask if people are within 6 feet

Don't remove your mask to talk to others



3

Keep your hands clean.

Wash your hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitiser. Make sure to scrub beneath fingernails and cover the entire hand, wrist, and lower arm.

Always wash hands after you cough, sneeze, or blow your nose, when you could see that they are dirty, after touching a sick person, when returning home, after using the toilet or latrine and before meals.

4



Don't touch your face.

Do not touch your mouth, eyes and nose.



5

Cover your cough and sneeze.

Use a bent elbow to cover your mouth and nose. Throw away used tissues immediately, then wash your hands with soap for at least 20 seconds or use an alcohol-based hand sanitiser.



6

Keep surfaces clean.

Spray or wipe your belongings and surfaces (countertops, doorknobs and equipment) with bleach or with a 70% alcohol solution.

What should I do if I think I have coronavirus?

If you think you have COVID-19, call the regional hotline and follow the guidance.

Region 1: 674 8047

Region 7: 675 9131, 654 0405, 697 0656

Region 8: 608 7515

Region 9: 772 2206

Note

It is understandable if you feel frustrated and uncertain about the effects of COVID-19 on your life, your family and your community. This is a new situation for us all but it is important that you keep informed about the latest developments and guidance from your local or regional authority.