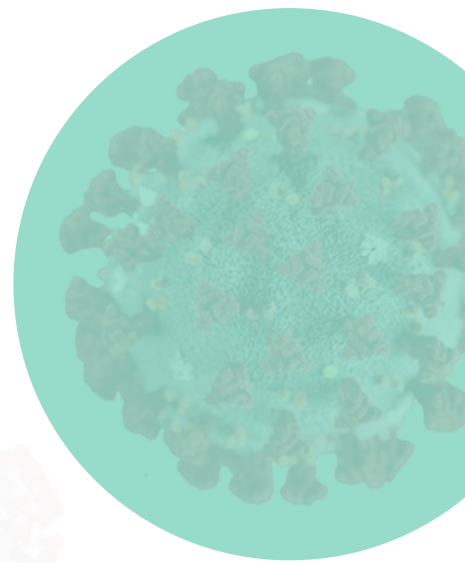


COVID-19 Information

by and for
People with
Disabilities and
Mental Health
Challenges.



MENTAL HEALTH UGANDA
Support our cause



What is COVID-19?

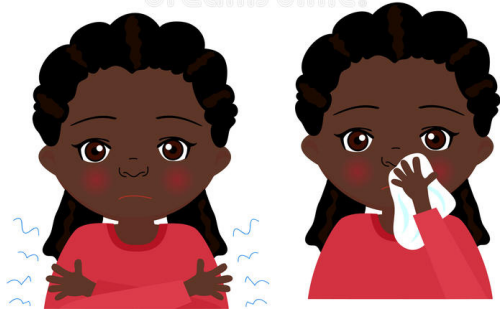
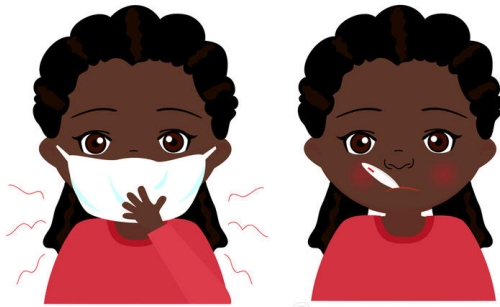
It is a new disease spreading around the world, it started from China in December 2019. Its real name is Coronavirus disease and COVID-19 is the nickname.

How do you get it?



- *Someone with coronavirus passes it on to another person through;*
- *When they cough or sneeze, the virus gets in the air, on you, and on anything and the virus can get into your body through your mouth, nose, and your eyes.*

What happens if you have it?



- A fever of 100.4F or 38C
- Hard time breathing
- Dry cough
- Constant pain or pressure in your chest
- Constant headache
- Sore throat
- Congestion or running nose
- Tiredness
- In some cases some patients experience
- Loss of taste or smell
- Red eyes
- Diarrhea
- Skin rash
- Aches and pains

Note: If these things happen to you, it does not mean you have coronavirus. Lots of people get a fever or cough. You could just have a cold or the flu.

However if you have been in contact with someone who has tested positive or has the symptoms above, it is important to go and get tested for coronavirus. Call 0800-203-033 or 0800-100-066 if you develop the symptoms and you will be guided on the next steps

In some cases people with coronavirus show no symptoms so it is important to be keen on staying safe by following the Ministry of health guidelines.

If I am sick, what should I do?

- Stay at home.
- Call 0800-203-033 or 0800-100-066 if you have been in contact with someone who has tested positive for the virus.

Note: Call your doctor, do not leave your home

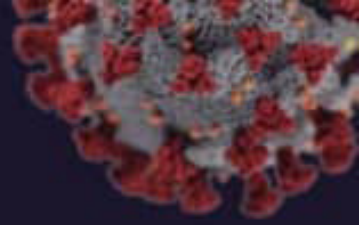


How sick do you get?

- Most people do not get very sick. It is like having a cold or the flu.
- Some older people and people with disabilities and other underlying conditions e.g diabetes, asthma, hypertension, HIV/AIDS etc may get really sick and end up being admitted in the hospital or even dead.

How can I stay healthy, or not get it?

Wear a mask correctly and consistently when in public spaces




“Wearing a Mask: Dos and Don’ts”




 **DO: Cover nose and mouth**




 **DO: Pull hair back**



 **DO: Tie straps behind head & neck**



 **DO: Remove by grabbing from the back**



 **DON'T: Pull below the nose**



 **DON'T: Wear on forehead**



 **DON'T: Pull below chin**



 **DON'T: Cross straps**



 **DON'T: Leave hair down face**




 **DON'T: Hang from one ear**



 **DON'T: Leave a strap hanging**

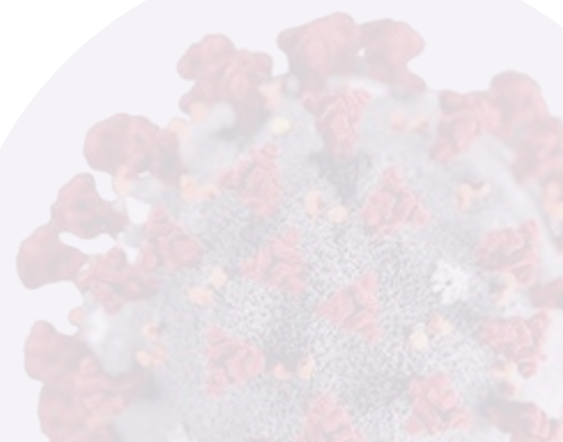


 **DON'T: Wear a dirty or wet mask**

- *The mask has to cover your nose, mouth and chin*
- *Hold it by the straps when taking it off and never touch the front of your mask.*
- *Masks can be reusable fabric masks with three layers or clinical disposable masks for one use maximum 6 hours*
- *Wash the fabric masks daily with soap and water and iron after it has dried.*
- *Dispose off all masks in the right place away from children (dustbins)*
- *Do not pick masks found left lying around and always buy masks which are properly sealed.*
- *Ensure you social distance, avoid crowds and large gatherings (try to keep at least 2metres from the person next to you)*

Wash your hands.

- *Use lots of soap and water.*
- *Wash for at least 20 seconds. If it helps, count to 20.*
- *Wash after using the bathroom or being in public (like going to a store).*
- *If soap and water are not available, use hand sanitizer. Know that washing well with soap and water is still better.*



HANDWASHING

Clean hands protect you against COVID-19 infection.

Protect yourself by:

- 1 Washing your hands with soap and water for at least 20 seconds as frequent as possible
- 2 Use an alcohol-based hand rub if you don't have immediate access to soap and water.



Rub Palms together



Rub the back of both Hands



Interface fingers and rub hands together



Interlock fingers and rub the back of fingers of both hands



Rub finger tips on palm for both hands



Rub thumb in a rotating manner flowed by the area between index fingers and thumb



Rub both wrists in a rotating manner, rinse and dry thoroughly

To report any suspected cases with signs and symptoms similar to COVID-19, call the Ministry of Health toll-free lines on 0800-203-033 and 0800-100-066.

Cough or Sneeze into your elbow.

Coughing and sneezing into your elbow stops the virus from going into the air and onto your hands.

Try not to touch your face

- Do not rub your eyes.
- Do not touch your mouth.
- Do not touch your nose. Remember, this is how the virus get in your body. If you have to touch your face, do it with a tissue or in the shower.

If I am sick, what should I do?

Call your doctor again if you are getting worse. Call back if you are having trouble breathing. Do what your doctor says.

Call the doctor on the Ministry of Health toll free lines 0800-203-033 or 0800-100-066

- Do NOT go to a hospital or Urgent Care.
 - Stay home
- Use tissues then throw them away in a right place
- Isolate yourself from others to avoid infecting others
- Keep objects and surfaces clean by regularly wiping down with sanitizer
 - Wear your mask at all times
 - Drink a lot of water, eat fruits and vegetables

What do I do if someone I live with gets sick?

- Call the Ministry of health toll free lines on 0800-203-033 or 0800-100-066 and follow the guidelines given.
- Stay at least 6 metres away from the sick person.
- Do not touch surfaces or food that the sick person has touched.
- Keep washing your hands well.
- Always wear your mask
- Isolate yourself from others to avoid infecting them in case you too have contracted the virus.

What do I do if I want to say hello to my friends or any communication?

- *No handshaking. No hugging. No fist bumps.*
- *Smile, bump elbows, call, send a message*

Where can I go these days of COVID-19?

Stay away from large groups.

- *When you go to places of worship, ensure that you social distance with a maximum of 70 people*
- *No movie theaters or malls.*
- *Try to avoid public transportation.*
- *Go to the grocery store early to avoid crowds and always wear your mask*
- *Do not share food or drinks.*

Is there a vaccine to get, so I do not get sick or a medicine for treating COVID-19?

No! There is no vaccine to stop the coronavirus neither medicine for COVID-19.

Drink lots of water. Get plenty of rest and eat fruits and vegetables and foods to boost your immunity

What do I do if I get scared, or very nervous?

- *Talk to someone you trust.*
- *If you are on medication to manage any mental health challenges, ensure that you continue to adhere to your medication.*
- *Consult or talk to a counsellor*
- *Keep busy, exercise, take walks and talk to friends.*



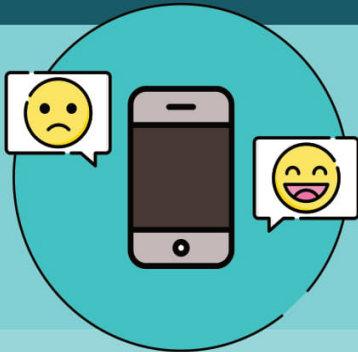
Make a plan in case you have to stay at home.

- *Who can go shopping for you or even who can check on you?*
- *Make sure you know the emergency toll free number. 0800100066*



World Health
Organization

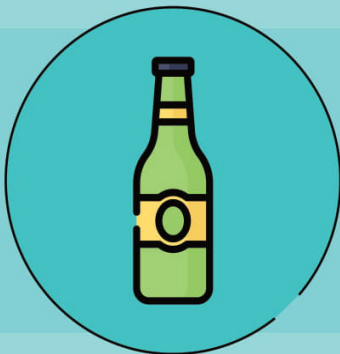
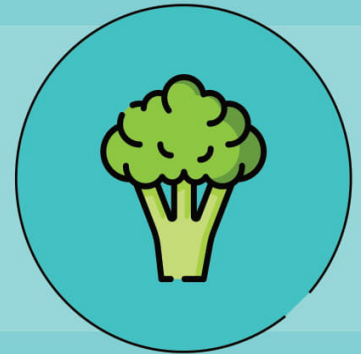
Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

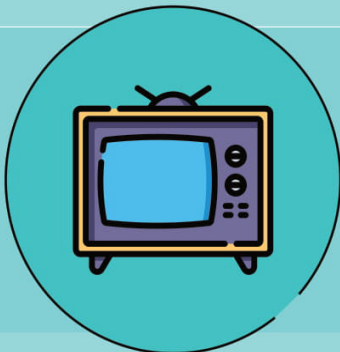
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

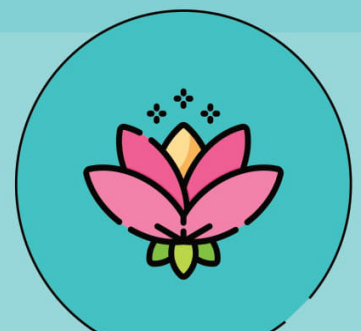
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.


Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.




Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.





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- 



Layout by, EGESSA DERVIN



Something new

Comic books
2d Animation art
Story books
Ad design
AD Illustration
Design sketching
Sculpture

For any of these,
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