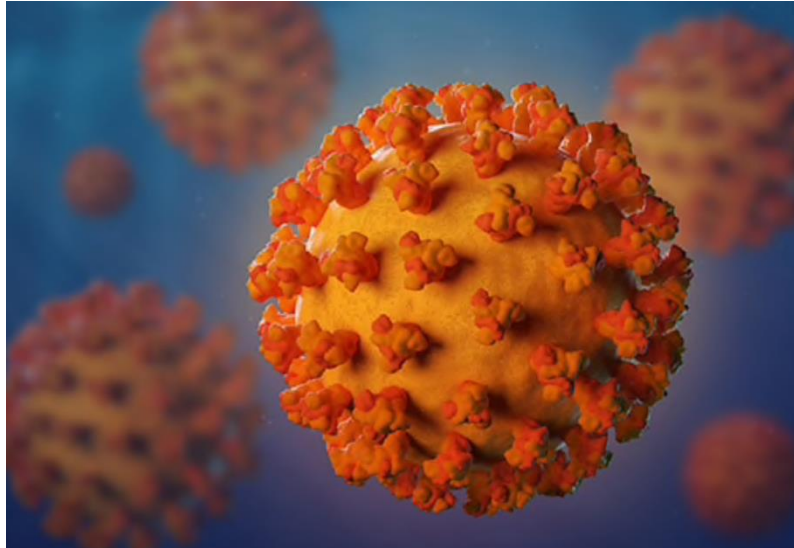


**ANGLOPHONE AFRICA CIVIL SOCIETY AND COMMUNITY GROUPS  
COVID19 RESPONSE TASK TEAM  
FREQUENTLY ASKED QUESTIONS AND MYTHS**



**WHAT IS CORONA  
VIRUS DISEASE 2019  
(COVID-19)**

Corona Virus Disease 2019 (COVID-19) is an infectious disease caused by a new corona virus. COVID19 has been declared as a global pandemic by the World Health Organization (WHO).

**WHAT ARE THE SYMPTOMS OF CORONAVIRUS DISEASE (COVID-19)**

The most common symptoms of coronavirus disease (COVID-19) experienced are the following;

**Common  
Symptoms**



**Fever**



**Fatigue**



**Dry cough**



**Shortness of breath**



**Aches and pains**

Most (about 80%) people recover from the disease without needing special treatment. More rarely, the disease can be serious and even fatal. Older people, and people with other medical conditions (people with lung diseases such as asthma, diabetes, or heart disease), may be more vulnerable to becoming infected.



## HOW DOES COVID-19 SPREAD

### a. Person – to – person spread

- The virus mainly spreads from person to person through respiratory droplets.
- Between people who are in close contact with one another (within 6 feet/2 meters)
- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouth or nose of people who are nearby and possibly be inhaled.

### b. Spread from contact with contaminated surfaces or objects

The disease also spreads when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth.

## HOW LONG DOES IT TAKE BEFORE ONE GETS COVID-19 SYMPTOMS

### HOW LONG DOES IT TAKE BEFORE ONE GETS COVID-19 SYMPTOMS?



The timing and the number of days it takes for people to show any symptoms of COVID-19 may vary from person to person and people may actually be sick with the virus for between one (1) to fourteen (14) days before developing symptoms.

## HOW DOES COVID-19 SPREADS

The virus spreads from people to people. People infected with the virus pass it to others even when they do not know they have the virus. They may not know they have the virus because they still within the incubation period of 1-14 days and do not feel sick. It is common that those who are infected are not sure how, when or where they became infected. It is therefore important that people assume all persons are infectious and take precautions not to contract the infection.



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## HOW CAN PEOPLE PREVENT THEMSELVES FROM BEING INFECTED WITH COVID-19

There's currently no vaccine to prevent coronavirus disease (COVID-19). You can protect yourself and help prevent spreading the virus to others if you:

- **STAY HOME.** This reduces the number of human contacts you need to make. It then reduces the chances of spreading the virus further



- Wash your hands regularly for 20 seconds or more, with soap and water or alcohol-based hand rub.

- Cough or sneeze into your flexed elbow or cover your nose and mouth with a disposable tissue when coughing or sneezing. Dispose the tissue immediately.



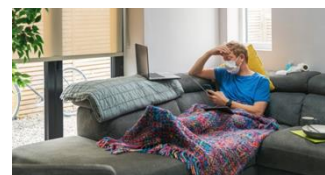
- Do not shake hands. It reduces your risk of contracting the virus from an infected person. Remember, many people may not know they are infected.

- Avoid touching your face with your hands. This helps to further reduce the risk of infecting your airway with the virus in case your hand may have accidentally made contact with the virus



- Keep a distance of 2 meter (6 feet) away from people

- If you feel unwell and suspect it may be COVID-19 infection, isolate yourself from others in the household and contact the COVID-19 response taskforce in your area.



## WHAT ARE SOME OF THE THINGS WE SHOULD NOT DO OR DO TO PROTECT OURSELVES FROM COVID-19

### a. WHAT NOT TO DO

#### DONTs

- Don't touch your eyes, nose, or mouth if your hands
- Don't attend social gatherings or events
- Don't shake hands, hug, kiss or stay too close to people

### b. WHAT TO DO

#### DOs

- Stay home
- Separate our elderly and children from the general public
- Isolate yourself if you have symptoms
- Seek medical attention when you experience any of the symptoms
- When you travel from a high COVID-19 epidemic region, self-isolate for 14 days

## WHAT TREATMENT IS AVAILABLE

There is no specific medicine to prevent or treat coronavirus disease (COVID-19). People may need supportive specialized care when critically ill.

### a. SELF-CARE

If you have mild symptoms, stay at home until you've recovered. You can relieve your symptoms if you do the following:



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- Rest and sleep
- Keep warm
- Drink plenty of liquids
- Exercise

#### **b. Medical treatments**

If you develop a fever, cough, and have difficulty breathing, promptly seek medical care. Call in advance and tell your health provider of any recent travel or recent contact with travelers.

## **MYTH BUSTERS**

### **COVID-19 CAN BE TRANSMITTED IN AREAS WITH HOT AND HUMID CLIMATES**

From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Adopt protective measures irrespective of the climate if you live in or travel to an area reporting COVID-19. The best way to protect yourself against COVID-19 is by frequently cleaning your hands with soap and water or alcohol-based sanitizer. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by touching your eyes, mouth, and nose.

### **COLD WEATHER AND SNOW CAN KILL THE COVID-19.**

There is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather. The most effective way to protect yourself against the COVID-19 is by frequently cleaning your hands with soap and water or alcohol-based sanitizer.

### **TAKING A HOT BATH PREVENTS COVID-19.**

Taking a hot bath will not prevent you from contracting COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you. The best way to protect yourself against COVID-19 is by frequently cleaning your hands with soap and water or alcohol-based sanitizer. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.



## **COVID-19 CAN BE TRANSMITTED THROUGH MOSQUITO BITES**

To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes. COVID-19 is a virus that spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose. To protect yourself, clean your hands frequently with soap and water or alcohol-based sanitizer. Also, avoid close contact with anyone who is coughing and sneezing.

## **HAND DRYERS ARE EFFECTIVE IN KILLING COVID-19**

Hand dryers are not effective in killing the COVID-19. To protect yourself against the COVID-19, you should frequently clean your hands with soap and water or alcohol-based sanitizer. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

## **THERMAL SCANNERS ARE EFFECTIVE IN DETECTING PEOPLE INFECTED WITH COVID-19**

Thermal scanners are effective in detecting people infected with the virus who have developed a fever (i.e. have a higher than normal body temperature). However, the scanners cannot detect people who are infected but are not yet sick with fever. This is because it takes between 1 and 14 days before people who are infected become sick and develop a fever.

## **VACCINES AGAINST PNEUMONIA CAN PROTECT YOU AGAINST COVID-19**

Vaccines against pneumonia such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against COVID-19. The virus is new and different, and it needs it's a vaccine specifically made for it. Researchers are trying to develop a vaccine against COVID-19, and the World Health Organization is supporting their efforts. Although vaccines against pneumonia are not effective against COVID-19, vaccination against respiratory illnesses is highly recommended to protect your health.

## **CAN EATING GARLIC HELP PREVENT INFECTION WITH COVID-19?**

There is no evidence that eating garlic protects people from contracting COVID-19.



## COVID-19 AFFECTS ONLY OLDER PEOPLE AND CHILDREN - YOUNG PEOPLE ARE NOT AS SUSCEPTIBLE

People of all ages can be infected by COVID-19. Older people, and people with pre-existing medical conditions such as asthma, diabetes, heart disease, appear to be more vulnerable to becoming severely ill with the virus. The World Health Organisation advises people of all ages to take steps to protect themselves from the virus by following good hand and respiratory hygiene.

## ANTIBIOTICS ARE EFFECTIVE IN PREVENTING AND TREATING COVID-19

No, antibiotics do not work against viruses. COVID-19 is a virus and therefore, antibiotics should not be used for its prevention or treatment. Antibiotics are effective against bacteria infections. However, if you are hospitalized for COVID-19, you may receive antibiotics because bacterial co-infection is possible.

## THERE ARE SPECIFIC MEDICINES TO PREVENT OR TREAT COVID-19

There is no specific medicine currently recommended to prevent or treat (COVID-19. However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation and will be tested through clinical trials. The World Health Organization is helping to accelerate research and development efforts with a range of partners.

This information has been gathered by the CS and CG Covid19 response task team coordinated by Eastern Africa National Networks of Aids and Health Service Organizations (EANNASO).

## Sources for reliable information

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