



## COVID-19

**STAY HOME. SAVE LIVES.**

**Lockdown-4 ( 18.05.2020 to 31.05.2020).**

**Help stop coronavirus disease**

### To prevent the spread of COVID-19:

1. Clean your hands often with soap and water, or an alcohol-based hand rub.
2. Maintain a safe distance from anyone who is coughing or sneezing.
3. Don't touch your eyes, nose or mouth.
4. Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
5. Stay home if you feel unwell.
6. If you have a fever, cough and difficulty breathing, seek medical attention. Call in advance.
7. Follow the directions of your local health authority.

There are no foods or supplements that can 'boost' our immune system and prevent or treat COVID-19. Nevertheless, eating a well-balanced diet, with plenty of fruits and vegetables, whole grains, plant and animal proteins and healthy fats is the best way to get all the essential nutrients we need for good health and normal immune function.

### Facts & Myths about Covid-19

Around 8 out of every 10 people with COVID-19 will have mild symptoms, Around 1 in six people will become severely ill and need hospital care. Scientific modelling suggests that around 1 in 100 people who get COVID-19 will die.

**Can you always tell if someone has COVID-19- NO**

**Who's at risk-** Anyone can get COVID-19 Older people and people with other health conditions, such as asthma, heart diseases, untreated HIV and diabetes, are more at risk of getting seriously ill.

**Will antiretroviral treatment (ART) for HIV stop me getting COVID-19 -** There is no evidence

Can COVID-19 spread in warm sunny weather- It can survive temperatures higher than 25C. You can catch it no matter how sunny and warm it is.

Getting out into the sunshine, if you can, is still a good idea as this helps your body produce vitamin D which is important for your immune system.

**Will drinking lots of hot drinks stop COVID-19- NO**

**Can Chloroquine cure COVID-19-** At the moment there is no proven cure for COVID-19, but most people will recover on their own without needing professional medical care.