MESSENGERS OF HOPE

HOPE

COVID-19

WHAT IS COVID-19?

The Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. COVID-19 is a pandemic affecting many countries globally.

Most people who fall sick with COVID-19 will experience mild to moderate symptoms and recover without special treatment. Among those who develop symptoms, most recover from the disease without needing hospital treatment. About 15% become seriously ill and require oxygen and 5% become critically ill and need intensive care. In rare situations, children and adults can develop a severe inflammatory syndrome a few weeks after infection.

We can have real hope in the face of COVID-19! Most cases of COVID-19 are mild; most people who contract COVID-19 recover; and every person can contribute to COVID-19 mitigation efforts by taking simple steps like physical distancing, hand hygiene, covering the mouth and nose when coughing or sneezing, wearing a face mask, and avoiding gatherings.

HOW COVID-19 SPREADS

The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air, and quickly fall on floors or surfaces. You can be infected by breathing in the virus if you are within close proximity of someone who has COVID-19, or by touching a contaminated surface and then your eyes, nose or mouth.

COVID-19 can be defeated thanks to our joint efforts, so that we may have life and have it in abundance: clean your hands often; cough or sneeze in your bent elbow; avoid touching your eyes, nose and mouth; limit social gatherings and time spent in crowded places, and, when you are with others, maintain physical distance (at least 1 meter) and wear a face mask!

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COVID-19

PHYSICAL DISTANCING

Maintain at least 1 metre distance between yourself and others.

WHY? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.
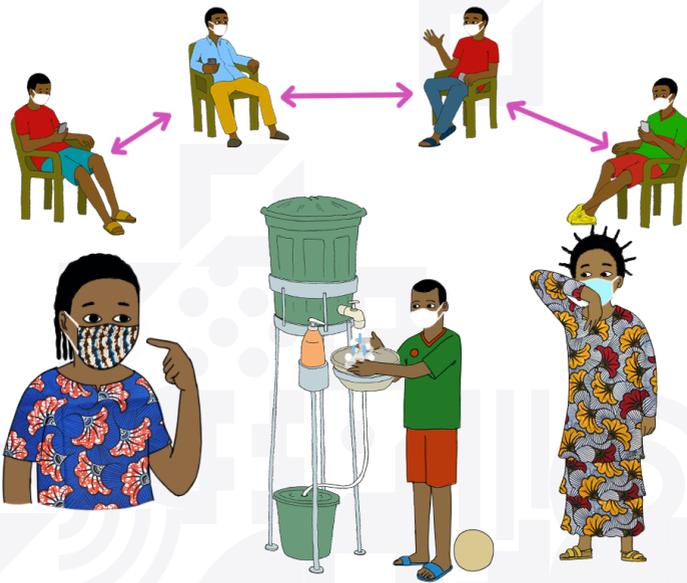
We Youth Faith Leaders stand strong for health: we care for the vulnerable groups in our community by washing our hands, wearing a mask and practicing physical distancing.

WASH YOUR HANDS

Regularly and thoroughly wash your hands with soap and water or clean them with an alcohol-based hand rub.

WHY? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Life is a precious gift; treat it as such – we protect ourselves and the members of our faith communities from COVID-19 by wearing face masks; practicing regular hand washing and physical distancing; and avoiding large gatherings.

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COVID-19

FAITH AND COMMUNITY INITIATIVE

WEAR A FACE MASK

Droplets spread the virus.

WHY? By wearing a face mask, you reduce the chance of breathing in someone else's droplets or spreading yours to others.

HEALTH CARE CENTRE
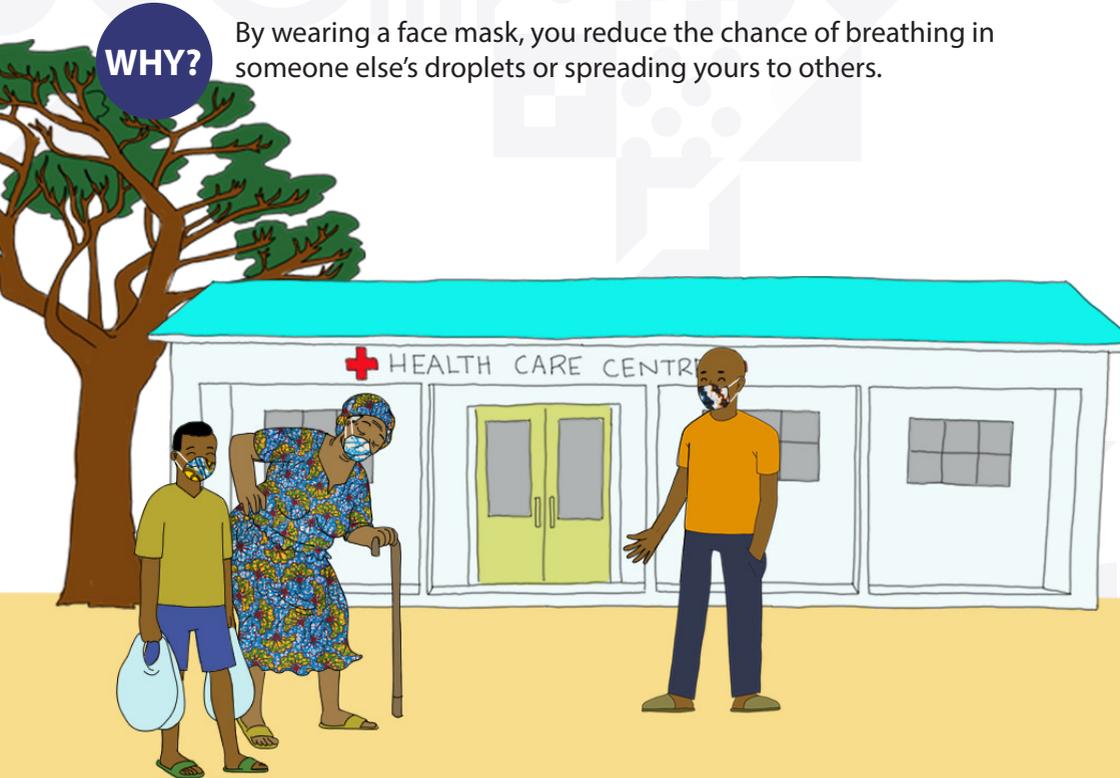
Love thy neighbour as yourself! Protect the vulenerable members in your community by washing your hands, wearing a mask and practicing physical distancing.

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FAITH AND COMMUNITY INITIATIVE

RESPIRATORY HYGIENE

This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.

WHY? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
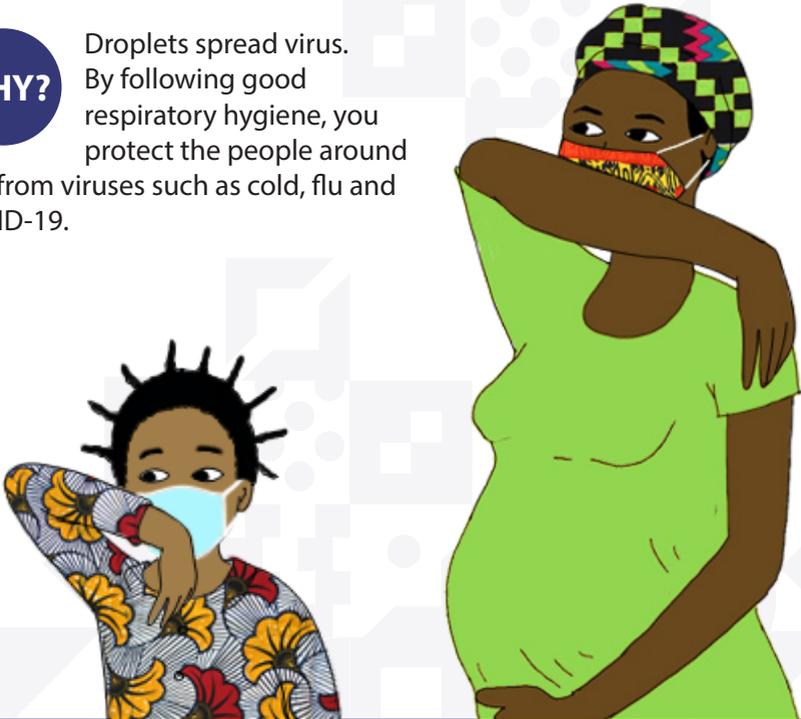
By following recommended actions like coughing and sneezing in your elbow, physical distancing, hand washing and wearing a face mask **or a tissue**, we can stop the spread of COVID-19 together!

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FAITH AND COMMUNITY INITIATIVE

AVOID TOUCHING YOUR FACE

Avoid touching your face: eyes, nose and mouth.

WHY? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

Your life matters! Safeguard it: wash your hands; wear a mask; avoid crowded places; watch your distance!

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FAITH AND COMMUNITY INITIATIVE

AVOID CROWDED PLACES

WHY? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain the required physical distance to protect yourself from infection.

To care for others means to avoid gatherings! Use social media and modern technology tools to gather in prayer. Even without being physically together, you can join others in communion of prayer.

COVID-19 MITIGATION IS EVERYONE'S RESPONSABILITY

COVID-19 is affecting everyone in one way or another. It is everyone's responsibility to be informed from trusted sources and to take all necessary precautions to prevent and to mitigate the effects of COVID-19 in the most appropriate and compassionate way.
www.faithandcommunityinitiative.org