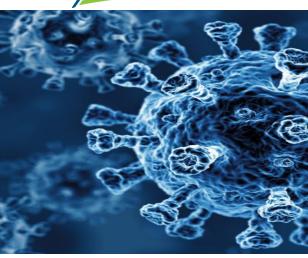


COPING WITH COVID-19



Alliance Health Newsletter August 2020 Issue

What are the symptoms **Tiredness** Cough of COVID-19? Muscle aches Shortness of breath Fever Runny / congested nose Headaches

Diarrhoea

Sore throat

Nausea or vomiting

Loss of taste / smell

What should I do if diagnosed with COVID-19?



- Stay calm
- Stay at home for 14 days and rest
- Only leave home if you need medical attention
- Ensure you have family members who can help you to get essentials that you may need as well as do shopping for you
- Keep connected to loved ones remotely via phone or video



DON'T's

- Do not go to work
- Do not use public transport
- Do not entertain visitors in your home
- Do not go shopping or to any public places
- Do not visit anyone or attend any sort of gatherings
- Do not leave home unless you require medical attention

calls

How should I isolate if I have COVID-19?

- Choose a well-ventilated room in your home to separate yourself from other people. Family members should not stay or sleep in the same room as you.
- Use your own separate bathroom. Clean the bathroom after every use should you have to share one with family members.
- Clean frequently touched and shared surfaces often. Where possible **avoid sharing utensils** and the same spaces as others in the home.
- Maintain a reasonable distance from other people in the home, at least 1.5 metres away.
- Always wear a facemask when interacting with others, to help prevent the spread of the virus.
- Cover your mouth with a tissue when coughing or sneezing or into the fold of your elbow. Dispose of any tissues in a bin dedicated to you.
- Maintain hand hygiene by washing your hands frequently with soap and water for 20 seconds or use an alcohol
 based sanitiser where water and soap are not readily available.

Source: Extract from "A quide to managina mild COID-19 disease at home" by Dr Avsha Kola & Dr Waasila Jassat

Photo credit: Rush University Medical Center

<u>Useful numbers:</u>

Zimbabwe National COVID-19 Hotline 2019

Alliance Health 24Hour Call Centre Voice calls 08677000716 / 0712 347 879

WhatsApp **0772 126 120 / 0778 244 129**

Claims submission: callcentre@healthzim.com

General enquiries: clientservices@healthzim.com

Membership queries: membership@healthzim.com