

# CORONAVÍRUS

## Actions to stop spreading COVID-19

The best way to stop the virus is prevention. In that case, the preventive measures are as follows:

- If someone has symptoms of the disease, such as fever, cough, difficulty breathing, tiredness, muscle pain and headache, they should look for assistance at a health center, what we call here "Unidade básica de saúde", not a hospital. In this health center, the health workers will do the necessary follow-up and will give guidelines in related to treatment. If you do not know where to look for help, you should call "136" - established by the Ministry of Health, this line is available to help you to find the closest health center.
- Only the most serious cases will be transferred to the emergency room or hospital.
- The symptoms of the coronavirus are similar to the flu and it is recommended that those who are not in serious condition stay in quarantine and their treatment will be done at home.
- The elderly and those suffering from chronic diseases should avoid all closed events and crowded places.
- Avoid straight contact with visibly ill people, who mainly have respiratory symptoms (cough or cold).
- Wash your hands frequently, either with soap and water, or with alcohol gel.
- Avoid touching your eyes, nose and mouth. When you cough, use toilet paper to cover your mouth and throw it away immediately or cough in your forearm.
- Avoid straight contact with wild animals or sick animals.
- Avoid prolonged close contact between children or adolescents under 14 years of age and people over 65 years of age.
- Avoid circulating in crowds, especially beaches, lakes and parties.
- Follow the authorities advice in your region.
- Do not forget, STAY HOME and WASH YOUR HANDS.

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