WE’RE IN THIS TOGETHER
A COMMUNITY HEALTH GUIDE TO UNDERSTANDING THE CORONAVIRUS

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WHAT IS CORONAVIRUS?

The 2019 Novel Coronavirus (Covid-19) is a new respiratory virus that has not been previously identified. It belongs to a broad family of viruses named Coronaviruses.
HOW DOES THE CORONAVIRUS SPREAD?

RESPIRATORY DROPLETS

Airborne respiratory droplets released by an infected person’s cough or sneeze.

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Source: World Health Organization
HOW DOES THE CORONAVIRUS SPREAD?

PHYSICAL CONTACT

Physical contact with someone who is infected or a carrier of the virus.
HOW DOES THE CORONAVIRUS SPREAD?

OBJECTS & SURFACES

The virus can enter your mouth, nose, and eyes if you touched the same object or surface as someone infected and then touch your face.
HOW CAN YOU PROTECT YOURSELF?

AVOID CONTACT

Avoid close contact with people who are sick by staying at least 2 meters or 6 feet apart.

Source: World Health Organization
HOW CAN YOU PROTECT YOURSELF?

WASH HANDS

Wash your hands often with soap and water for at least 20 seconds.
How to wash your hands

1. Apply soap or hand sanitizer to wet hands.
2. Rub hands palm to palm.
3. Rub hands palm to backside and switch.
4. Interlace fingers and rub hands palm to palm.
5. Rub backs of fingers into the opposing palm with fingers interlocked.
6. Grasp thumb in other hand and rub while rotating around the thumb. Repeat with other thumb.
7. Rub finger nails, including the thumb, into the opposing palm palm and repeat.
8. If using soap, rinse off with water, and turn off faucet with a clean towel. If using hand sanitizer, once hands are dry they are safe.

Source: World Health Organization
HOW CAN YOU PROTECT YOURSELF?

DON’T TOUCH YOUR FACE

Avoid touching your eyes, nose, and mouth with unwashed hands.

Source: World Health Organization
How can you protect yourself?

Clean & Disinfect

Clean and disinfect frequently touched objects and surfaces.
WATCH FOR SYMPTOMS

Patients with COVID-19 have experienced mild to severe respiratory illness, including fever, cough, and shortness of breath. These symptoms can appear 2–14 days after exposure.

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Source: World Health Organization
GET MEDICAL ATTENTION IMMEDIATELY IF YOU HAVE ONE OR MORE OF THE FOLLOWING SYMPTOMS

- Trouble breathing
- Persistent pain or pressure in the chest
- Confusion or inability to wake up
- Bluish lips or face
- High fever

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Source: World Health Organization
WHAT DOES SOCIAL DISTANCING DO?

• It breaks the chain.

• The more space between you and others, the harder it is for the virus to spread.

• It lowers the pace and extent of the spread.

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Source: World Health Organization
IS PREVENTION EFFECTIVE?

Learning from previous pandemics, early and rapid implementation of physical distancing can significantly reduce the spread of infection, lowering death rates. The goal is to flatten the curve and continually reduce the amount of cases.

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Source: World Health Organization
Isolation
Separates sick people with an infectious disease from people who are not sick.

Quarantine
Separates and restricts the movement of people who were exposed to an infectious disease to see if they become sick.

Physical Distancing
Requires the creation of physical space between individuals who may spread certain infectious diseases.
I’M HEALTHY WHY SHOULD I CARE?

You may have less risk personally, but taking such steps will benefit the whole society. A person who is not very ill can still infect others, including parents, children, neighbors, and even people traveling in the bus!

That is why it is up to each and everyone of us to flatten the curve and shorten the length of this pandemic together.
SOLIDARITY NOT CHARITY

We need all of us to defeat this pandemic.

Many of our people are without food, water, ways home, and even shelter. This is why it is important to keep connected even in isolation.

Community networks are coming together to protect neighbors during the coronavirus pandemic.

Stay tuned for advocacy asks because we need to see this as a moment of solidarity and health for all.

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Source: World Health Organization
THANK YOU!

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