

Support for the national COVID-19 response plan for the protection of the most vulnerable

The overall goal of the project is to support the National Health System so that it can adequately respond to the COVID-19 pandemic, while protecting and enhancing the resilience of the most vulnerable populations in the country. It includes information and awareness activities, as well as medical examination and monitoring of the most complex cases in an effort to provide holistic health coverage. In addition to providing medical services, the program also provides psychosocial assistance (including psychological first aid / PFA) provided by specialists; it is gender sensitive and promotes a more general do-harm approach.

This leaflet is based on the guidelines of the World Health Organization and the Hellenic National Public Health Organization.

The project «**Support to the national response plan of COVID-19 for the protection of the most vulnerable**» is funded by the Swiss Embassy (Swiss Development Cooperation SDC) through Doctors of the World - Switzerland and is implemented by Doctors of the World - Greece.

Doctors of the World wherever people are

Athens: 12 Sappous Str, 105 53, T: +30.210.32.13.150
Thessaloniki: 29A Ptolemeon Str., 546 30, T: +30.2310.56.66.41
Kavala: 13 Karanou Str, 65 302, T: +30.2510.227.224

info@mdmgreece.gr
www.mdmgreece.gr



COVID-19 get informed get protected



©Doctors of the World - Greece

protect yourself and those around you



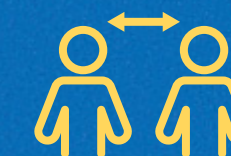
Always use a tissue or your elbow when sneezing or coughing



Wash your hands often and thoroughly with soap or an alcoholic solution



Avoid handshakes and contact with your face



Always keep a distance of 1 meter from those around you




If you are not feeling well, stay in bed



Avoid stigmatizing those who have been affected by Covid19

Trust only experts and scientists for your information

 Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Direction du développement
et de la coopération DDC

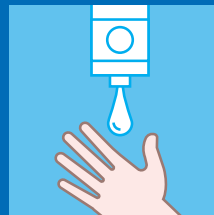


WASH YOUR HANDS THOROUGHLY

40" - 60" 



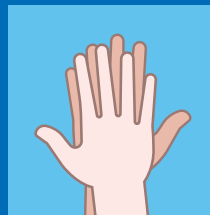
Wet your hands with clean water



Add soap



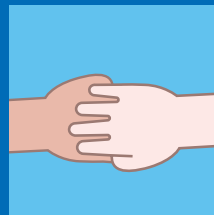
Rub your palms



Rub the palm with the dorsal surface of your hand



Between your fingers



Behind your fingers



Rub your thumbs



Rub your fingertips



Rinse your hands thoroughly with water



Dry your hands with a paper towel



Close the tap with the same towel

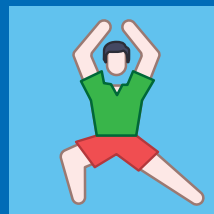


Your hands are now clean

STRESS MANAGEMENT



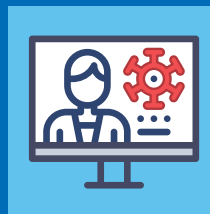
While you wash your hands, take deep breaths



Exercise regularly, doing simple exercises



Eat healthy to boost your immune system



Moderate the time you watch the news

WEAR THE DISPOSABLE MASK PROPERLY



Wash your hands thoroughly before wearing the mask with soap and water



Make sure the right side of the mask is outwardly



Locate the metal nose wire and touch it on your nose



Hold the mask off the straps and pass them behind your ears



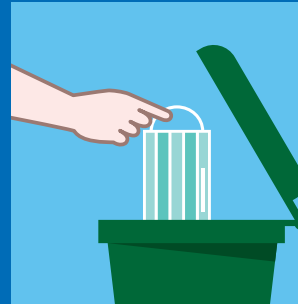
Cover with mask your nose, mouth and chin



Press the metal nose wire in contact with your nose without leaving gaps in the cheeks



Remove the mask by holding it by the straps, with clean hands



Dispose the mask in a bucket that closes. Do not throw the mask on the street



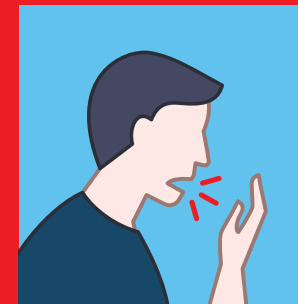
Replace the mask if it is damp and do not use it again

Always keep a distance of 1 meter from those around you, even when wearing a mask

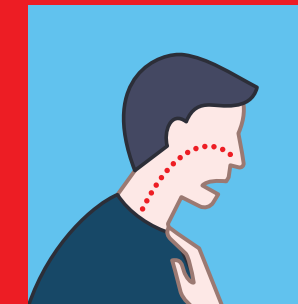
ΕΝΔΕΙΞΕΙΣ



FEVER



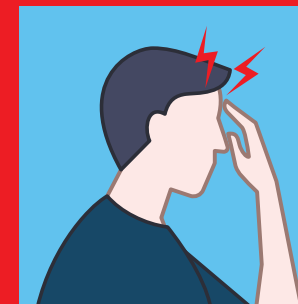
COUGH



BREATHING DIFFICULTY



SORE THROAT



HEADACHE

ATTENTION:

If you have mild symptoms and do not belong to a vulnerable group, do not go to the Public Hospitals to be tested for COVID-19. There is a risk of transmitting the disease to vulnerable groups, but you may also be exposed to the virus if you are not already ill. In consultation with a doctor, remain in quarantine and monitoring of your symptoms for 14 days.



According to the World Health Organization, 80% of patients with COVID-19 infection develop a mild illness while 20% of patients may develop pneumonia with respiratory distress and require hospitalization. People with underlying diseases (heart disease, chronic respiratory disease, diabetes, immunosuppression) and people over 65 have an increased risk of serious illness and complications. The majority of children with COVID-19 infection develop a mild illness.

Frequently Asked Questions about COVID-19

What is the new coronavirus?

The new coronavirus belongs to a group of viruses that usually cause respiratory infections of varying severity in humans and animals. It is a new strain that was not detected before the recent epidemic in the Wuhan region of China.

How dangerous is COVID-19?

COVID-19 infection can cause a wide range of symptoms in the respiratory system and fever. Rarely leads to death. The elderly and people with underlying diseases are more vulnerable to the onset of serious illness. There is currently no vaccine to treat.

How is COVID-19 transmitted?

It is transmitted mainly from person to person through contact with a person who is ill, with droplets produced when the patient coughs or sneezes or through droplets from the saliva and nasal cavity. Transmission is possible even from people who have been infected with the virus and do not yet have severe symptoms.

What are the symptoms of COVID-19?

Once a person comes in contact with the virus, they may show symptoms from day 2 to day 14. Symptoms include difficulty breathing, fever, cough, chills and runny nose. In severe cases it can cause pneumonia.

What are the preventive measures:

- **Hand hygiene:** frequent hand washing with soap and water or alternatively with an alcoholic solution. **The use of gloves is not a substitute for hand washing.**
- **Observe proper hygiene:** covering the mouth and nose with a tissue during coughing or sneezing, avoiding contact of our hands with the mouth, nose and eyes, to prevent the spread of germs
- Avoid contact with patients who have respiratory symptoms

Hellenic National Public Health Organization
phone number for the coronavirus

 1135