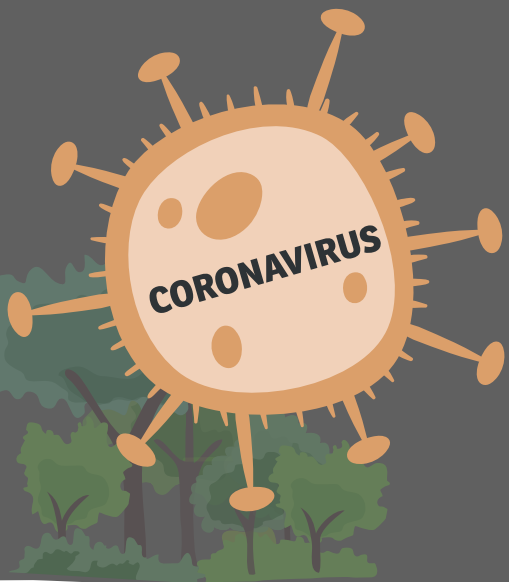




What is the **CORONAVIRUS** and how can you prevent it in **INDIGENOUS COMMUNITIES**?

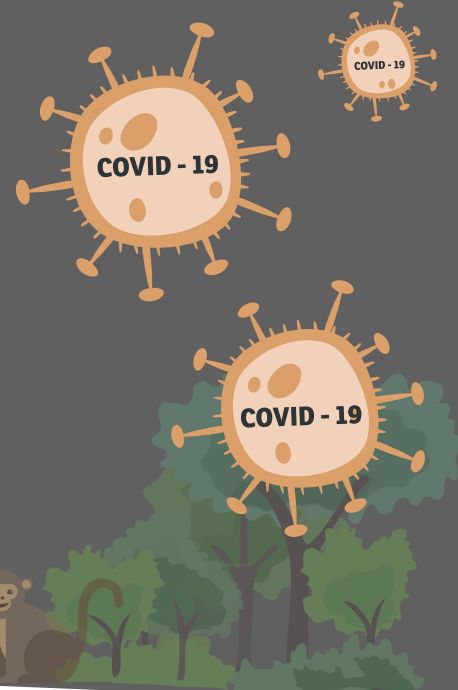
THE CORONAVIRUS IS ALSO KNOWN AS COVID-19



It is a **highly contagious flu-like virus** that can cause bronchitis, pneumonia, and in some cases, **death**.

It mainly affects the **grandfathers and grandmothers of the community** and people with respiratory diseases, as well as those who previously became ill from diabetes, high blood pressure, hepatitis B, HIV, TB, cancer, etc.

According to the World Health Organization



The world in **QUARANTINE**

Many countries around the world are now mandating their citizens to self-isolate to prevent the spread of coronavirus.

A few cases have been reported in Guyana.

Follow the government's recommendations, as well as any further regulations made by your Village Council or District Council.



How is it **transmitted**?



- It is transmitted from person to person through droplets that a sick person expels when talking, coughing, or sneezing



- Touching objects or contaminated surfaces and then touching your mouth, nose or eyes

How do I know if I have **CORONAVIRUS**?

If you have these symptoms, you may have the coronavirus.

The only way to confirm it is by approaching a health center that performs tests that detect the coronavirus.

- GENERAL DISCOMFORT
- NASAL CONGESTION (MUCUS)
- SORE THROAT
- DRY COUGH
- FEVER
- DIFFICULTY BREATHING



¿How can we prevent the **CORONAVIRUS** in our indigenous communities?

1. Washing hands with soap and water for at least 20 seconds and covering coughs and sneezes.



3. Avoiding contact with outsiders (tourists or foreigners) to avoid exposure to any kind of contagion.



2. Respecting the quarantine by staying in your community. Avoiding going to the nearby cities except in cases of emergency or for buying food.

4. Avoiding congregating for assemblies, meetings or parties. Maintain a distance of one meter between yourself and others.

In case of suspected coronavirus infection or emergency call: ALL: 180 | 181 | 231 1166 | 226 7480 | 624-6674/2819/3067
Region 2: 682 4210 Region 7: 675 9131 | 654 0405 | 697 0656 Region 8: 608 7517 Region 9: 777 2206