

Protect yourself and others from COVID-19

If **COVID-19** is spreading in your community, stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue. Check local advice where you live and work. Do it all!

What to do to keep yourself and others safe from COVID-19

- **Maintain at least a 1-metre distance between yourself and others** to reduce your risk of infection when they cough, sneeze or speak. Maintain an even greater distance between yourself and others when indoors. The further away, the better.
- **Make wearing a mask a normal part of being around other people. The appropriate use, storage and cleaning or disposal are essential to make masks as effective as possible.**

Here are the basics of how to wear a mask:

- Clean your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time.
- Make sure it covers both your nose, mouth and chin.
- When you take off a mask, store it in a clean plastic bag, and every day either wash it if it's a fabric mask, or dispose of a medical mask in a trash bin.
- Don't use masks with valves.

How to make your environment safer

Avoid the 3Cs: spaces that are closed, crowded or involve close contact.

Outbreaks have been reported in restaurants, choir practices, fitness classes, nightclubs, offices and places of worship where people have gathered, often in crowded indoor settings where they talk loudly, shout, breathe heavily or sing.

The risks of getting COVID-19 are higher in crowded and inadequately ventilated spaces where infected people spend long periods of time together in close proximity. These environments are where the virus appears to spread by respiratory droplets or aerosols



more efficiently, so taking precautions is even more important.

Meet people outside. Outdoor gatherings are safer than indoor ones, particularly if indoor spaces are small and without outdoor air coming in.

For more information on how to hold events like family gatherings, children's football games and family occasions, read our Q&A on small public gatherings.

Avoid crowded or indoor settings but if you can't, then take precautions:

Open a window. Increase the amount of 'natural ventilation' when indoors.

Don't forget the basics of good hygiene

- **Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.** This eliminates germs including viruses that may be on your hands.
- **Avoid touching your eyes, nose and mouth.** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- **Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.** Then dispose of the used tissue immediately into a closed bin and wash your hands. By following good 'respiratory hygiene', you protect the people around you from viruses, which cause colds, flu and COVID-19.
- **Clean and disinfect surfaces frequently especially those which are regularly touched,** such as door handles, faucets and phone screens.

What to do if you feel unwell

- **Know the full range of symptoms of COVID-19.** The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include loss of taste or smell, aches and pains, headache, sore throat, nasal congestion, red eyes, diarrhoea, or a skin rash.
- **Stay home and self-isolate even if you have minor symptoms such as cough, headache, mild fever,** until you recover. Call your health care provider or hotline for advice. Have someone bring you supplies. If you need to leave your house or have someone near you, wear a medical mask to avoid infecting others.
- **If you have a fever, cough and difficulty breathing, seek medical attention immediately. Call by telephone first, if you can** and follow the directions of your local health authority.
- **Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities.** Local and national authorities and

16 Vlad Tepes St., Brasov, Romania
+40 742 142 404

info@aharomania.ro | info@taste-academy.org | info@digitalhubacademy.org
www.aharomania.ro | www.taste-academy.org | www.digitalhubacademy.org

public health units are best placed to advise on what people in your area should be doing to protect themselves.



If you have been diagnosed with **COVID-19**:

- **stay in a separate room** and **away from others**
- **open windows** frequently



Know your risk,
lower your risk



3 FACTORS TO HELP YOU MAKE SAFER CHOICES

WHEN YOU'RE IN AN AREA OF
WIDESPREAD COVID-19 TRANSMISSION

LOCATION



Open air spaces safer than enclosed spaces

PROXIMITY



Farther away from others safer than close together

TIME



Shorter time periods with others are safer

REMEMBER, IT'S ALWAYS SAFER TO:




KNOW YOUR RISK.
LOWER YOUR RISK.



World Health
Organization

16 Vlad Tepes St., Brasov, Romania
+40 742 142 404

info@aharomania.ro | info@taste-academy.org | info@digitalhubacademy.org
www.aharomania.ro | www.taste-academy.org | www.digitalhubacademy.org

I just found out I have COVID-19.

What do I do to protect my friends and family?



World Health
Organization

If you are diagnosed with COVID-19 or receive a positive test result, you have done nothing wrong.

Anyone can contract COVID-19 regardless of race, gender, age, or income. Remember we are all in this together.



If you have COVID-19 with symptoms, or a positive test result without symptoms, you will be asked to self-isolate at home or in a health care facility.



Contact your local public health authority. They may be able to help you to notify your contacts and inform them about next steps.



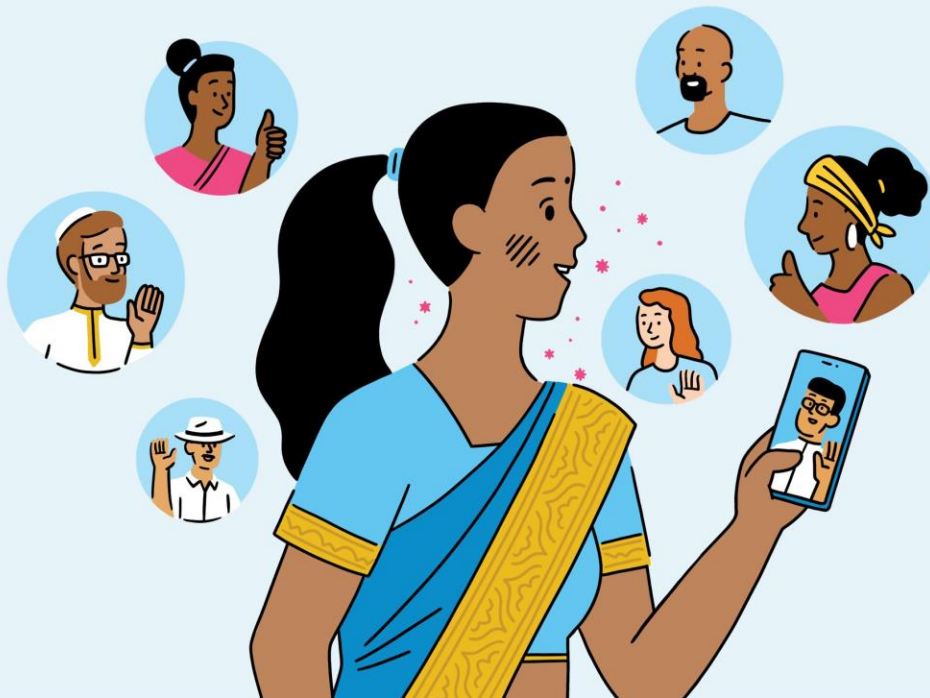
Think back to 48 hours before you started to feel unwell, or if you don't have any symptoms, 48 hours before you took your COVID-19 test until you began self-isolation. Consider where you went and who you might have spent time with.



Contact people with whom you had physical contact or spent more than 15 minutes at a distance closer than one metre, and let them know of your positive test result.



If you visited a store, health facility, or other close and crowded establishment during this period, please call and let them know the day and time that you were present.



Doing your part protects yourself and others. Your friends and family will thank you.

I just found out I'm a confirmed contact for COVID-19.

What do I do to protect my friends and family?



If you are a contact of a person who has COVID-19, or who has received a positive COVID-19 test result, remember that contracting the virus is no one's fault.

Anyone can contract COVID-19 regardless of race, gender, age, or income. Remember we are all in this together.



Place yourself in quarantine for 14 days, or the time indicated by your national or local regulations.



Contact your local health authorities and let them know that you are a contact of a confirmed case of COVID-19.



If you begin to feel symptoms of COVID-19 reach out to a health care provider for advice and recommendations.



Doing your part protects yourself and others. Your friends and family will thank you.



Getting vaccinated

The world is in the midst of a COVID-19 pandemic. As WHO and partners work together on the response -- tracking the pandemic, advising on critical interventions, distributing vital medical supplies to those in need--- they are racing to develop and deploy safe and effective vaccines.

Vaccines save millions of lives each year. Vaccines work by training and preparing the body's natural defences – the immune system – to recognize and fight off the viruses and bacteria they target. After vaccination, if the body is later exposed to those disease-causing germs, the body is immediately ready to destroy them, preventing illness.

There are several safe and effective vaccines that prevent people from getting seriously ill or dying from COVID-19. This is one part of managing COVID-19, in addition to the main preventive measures of staying at least 1 metre away from others, covering a cough or sneeze in your elbow, frequently cleaning your hands, wearing a mask and avoiding poorly ventilated rooms or opening a window.

As of 3 June 2021, WHO has evaluated that the following vaccines against COVID-19 have met the necessary criteria for safety and efficacy:

AstraZeneca/Oxford vaccine

Johnson and Johnson

Moderna

Pfizer/BionTech

Sinopharm

Sinovac

16 Vlad Tepes St., Brasov, Romania
+40 742 142 404

info@aharomania.ro | info@taste-academy.org | info@digitalhubacademy.org
www.aharomania.ro | www.taste-academy.org | www.digitalhubacademy.org



Some national regulators have also assessed other COVID-19 vaccine products for use in their countries.

Take whatever vaccine is made available to you first, even if you have already had COVID-19. It is important to be vaccinated as soon as possible once it's your turn and not wait. Approved COVID-19 vaccines provide a high degree of protection against getting seriously ill and dying from the disease, although no vaccine is 100% protective.

WHO SHOULD GET VACCINATED?

The COVID-19 vaccines are safe for most people 18 years and older, including those with pre-existing conditions of any kind, including auto-immune disorders. These conditions include hypertension, diabetes, asthma, pulmonary, liver and kidney disease, as well as chronic infections that are stable and controlled.

If supplies are limited in your area, discuss your situation with your care provider if you:

Have a compromised immune system

Are pregnant (if you are already breastfeeding, you should continue after vaccination)

Have a history of severe allergies, particularly to a vaccine (or any of the ingredients in the vaccine)

Are severely frail

Children and adolescents tend to have milder disease compared to adults, so unless they are part of a group at higher risk of severe COVID-19, it is less urgent to vaccinate them than older people, those with chronic health conditions and health workers.

16 Vlad Tepes St., Brasov, Romania
+40 742 142 404

info@aharomania.ro | info@taste-academy.org | info@digitalhubacademy.org
www.aharomania.ro | www.taste-academy.org | www.digitalhubacademy.org



More evidence is needed on the use of the different COVID-19 vaccines in children to be able to make general recommendations on vaccinating children against COVID-19.

WHO's Strategic Advisory Group of Experts (SAGE) has concluded that the Pfizer/BionTech vaccine is suitable for use by people aged 12 years and above. Children aged between 12 and 15 who are at high risk may be offered this vaccine alongside other priority groups for vaccination. Vaccine trials for children are ongoing and WHO will update its recommendations when the evidence or epidemiological situation warrants a change in policy.

It's important for children to continue to have the recommended childhood vaccines.

WHAT SHOULD I DO AND EXPECT AFTER GETTING VACCINATED?

Stay at the place where you get vaccinated for at least 15 minutes afterwards, just in case you have an unusual reaction, so health workers can help you.

Check when you should come in for a second dose – if needed. Most of the vaccines available are two-dose vaccines. Check with your care provider whether you need to get a second dose and when you should get it. Second doses help boost the immune response and strengthen immunity.

In most cases, minor side effects are normal. Common side effects after vaccination, which indicate that a person's body is building protection to COVID-19 infection include:

Arm soreness

16 Vlad Tepes St., Brasov, Romania
+40 742 142 404

info@aharomania.ro | info@taste-academy.org | info@digitalhubacademy.org
www.aharomania.ro | www.taste-academy.org | www.digitalhubacademy.org



Mild fever

Tiredness

Headaches

Muscle or joint aches

Contact your care provider if there is redness or tenderness (pain) where you got the shot that increases after 24 hours, or if side effects do not go away after a few days.

If you experience an immediate severe allergic reaction to a first dose of the COVID-19 vaccine, you should not receive additional doses of the vaccine. It's extremely rare for severe health reactions to be directly caused by vaccines.

Taking painkillers such as paracetamol before receiving the COVID-19 vaccine to prevent side effects is not recommended. This is because it is not known how painkillers may affect how well the vaccine works. However, you may take paracetamol or other painkillers if you do develop side effects such as pain, fever, headache or muscle aches after vaccination.

Even after you're vaccinated, keep taking precautions

While a COVID-19 vaccine will prevent serious illness and death, we still don't know the extent to which it keeps you from being infected and passing the virus on to others. The more we allow the virus to spread, the more opportunity the virus has to change.

Continue to take actions to slow and eventually stop the spread of the virus:

Keep at least 1 metre from others

Wear a mask, especially in crowded, closed and poorly ventilated settings.

Clean your hands frequently

Cover any cough or sneeze in your bent elbow

When indoors with others, ensure good ventilation, such as by opening a window

16 Vlad Tepes St., Brasov, Romania
+40 742 142 404

info@aharomania.ro | info@taste-academy.org | info@digitalhubacademy.org
www.aharomania.ro | www.taste-academy.org | www.digitalhubacademy.org

Doing it all protects us all!

