

**What you need to know  
about the  
CORONAVIRUS  
or  
COVID-19**



**CABIAL**

**Cameroon Association for  
Bible Translation and Literacy  
English**



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The information in this booklet is taken  
from the  
World Health Organization (WHO)  
website.  
<https://www.who.int/home>

English

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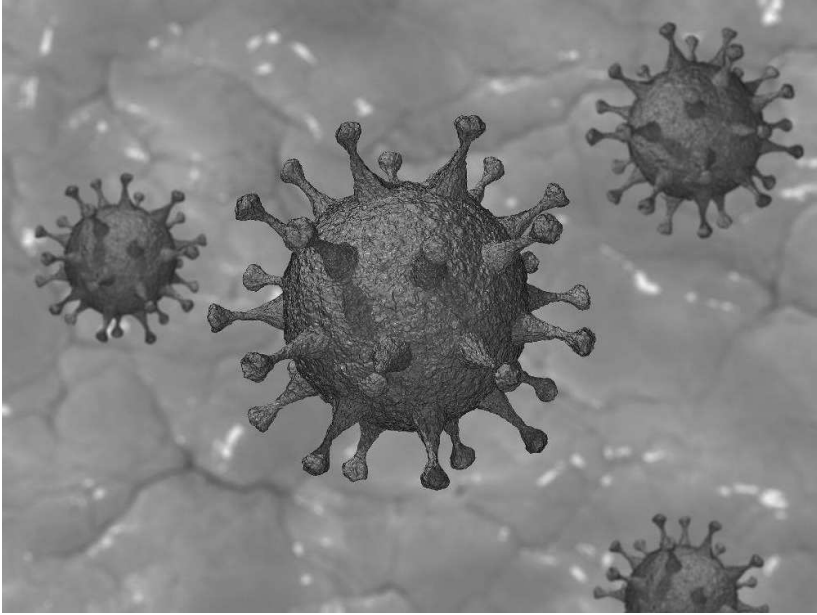
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Coronavirus, also known as COVID-19, is a new virus. It was first reported in China on 31 December 2019. It has flu-like symptoms and can cause death in some severe cases. It is widespread in many countries around the world. The origin of the disease is not yet known.



*Elderly person*



*Person with a heart condition or disease*

## **Vulnerable people**

People of all ages can become infected with this new virus. The elderly and people with pre-existing conditions (such as asthma, diabetes, heart disease, high blood pressure) seem more likely to become seriously ill from this virus.



*Fever*  
*Fatigue*



*Dry cough*  
*Muscle aches and pains*

## **Symptoms**

The symptoms of a coronavirus infection are similar to those of the flu: fever, dry cough, muscle aches, fatigue. Some patients have pain, nasal congestion, runny nose, sore throat, or diarrhea. Some people, although infected, have no symptoms and feel fine. Most people recover without needing any special treatment.



*Person with a cough*

## **Transmission of coronavirus**

COVID-19 is transmitted by people carrying the virus. When a sick person coughs or sneezes, they expel droplets through their nose or mouth. If a person breathes in these droplets, they can become infected with the coronavirus. If a person touches an object infected with these droplets and then touches their eyes, nose or mouth, they can also become infected.



## How to protect yourself

1. Avoid touching eyes, nose, mouth.



2. Wash your hands frequently with soap and running water. Then dry them with a clean towel.



3. Cough and sneeze into the crook of your arm.



4. Avoid eating raw meat and touching live animals.



5. Keep at least one meter away from a person who is coughing or sneezing.



6. Avoid shaking hands. Greet each other with a nod or a verbal greeting.



7. Avoid gatherings.



8. Restrict movement.



9. Keep informed and verify the source of information.

## **What to do in case of contamination?**

If you have symptoms:

- Avoid contact with other people.
- Stay at home.
- Call **1510** and follow the doctor's instructions. Other possible numbers:

699 279 622

699 933 725

675 308 373

677 429 357

698 423 929

699 986 740

655 728 884

676 466 797

670 713 979

670 113 761

To date, there is no cure for COVID-19, but authorities are continuing research to find a suitable treatment.

**Everyone must be responsible and take the right steps to protect themselves and those around them.**

## **Definition of some difficult words**

**Asthma:** chronic lung disorder

**Contamination:** infection

**Diabetes:** disease that occurs when the body can't use glucose normally

**Flu:** cough, influenza

**Infected:** affected, touched

**Infection:** disease

**Instructions:** direction, information

**Patient:** person under health care

**Pre-existing conditions:** long-term disease

**Runny nose:** excess nasal drainage

**Symptoms:** signs of illness

**Treatment:** cure, medication

**Virus:** disease agent

**Vulnerable:** defenseless, exposed



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