

LET'S PROTECT OURSELVES
Coronavirus COVID-19 crisis

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APPLY ALL BARRIER GESTURES

It is particularly important for the elderly to limit the risk of contagion and to have a high threshold of attention for the first symptoms: fever, fatigue, pain affecting several muscles, dry cough. Among these, the first two are the most frequent.

RESPECT SOCIAL DISTANCE

It is very important for the most vulnerable elderly people to limit the risks of contagion, by avoiding leaving the house and being in contact with others because the spread of droplets is easier (sneezing, coughing or a simple conversation).

Maintain, in social contacts, an interpersonal distance of at least one meter.

WASH YOUR HANDS REGULARLY

Wash your hands regularly with soap and water for at least twenty seconds, removing the rings, watches or bracelets from your wrists. If you're not at home, use 60% alcohol-based disinfectants. WHO recommends that you wear protective clothing such as gloves and masks only in the presence of symptoms or in the presence of symptomatic or sick peoples.

RECOGNIZE THE SYMPTOMS BUT DON'T BE ALARMED

It is good to know the symptoms, not to get caught up in fear, but to assess them. Fever, asthenia accompanied by muscle pain and dry cough are the classic symptoms. Wheezing and a fatty cough are not common at the onset of the disease. As symptoms shared with other diseases, infectious and non-infectious, do not be alarmed, consult your doctor.

BEWARE OF COMORBIDITIES.

Elderly are not all the same and some are more vulnerable due to concomitant pathologies such as: chronic respiratory diseases, heart diseases, oncological diseases, smoking, etc.

ONLY PRESCRIBED MEDICATION MUST BE USED

Refer only to official sources, including communications and ministerial arrangements. Any references to prevention and therapeutic tools that promise miracles must be ignored..

STAY INFORMED

It is necessary to scrupulously follow any measure suggested by the Ministry of Health and by your attending physician, even by limiting personal activities.

All protections, if suggested, must be specifically certified.

BEWARE OF HOME SCREENINGS

Despite the international emergency due to the spread of the coronavirus, the scammers remain ready to deceive the citizens who are forced to stay at home in order to limit the contagions of Covid-19. Currently, to our knowledge, no state service is responsible for screening the population at their homes. If your country has set up such a system, you will be informed by official government sources. Do not open the door to strangers!

WHEN SHOPPING, CHECK PRICES

If you have to buy necessities, especially disinfectants, pay attention to the price! Also avoid listening to strange advertisements on coronavirus products or protective items such as gloves or masks. In all likelihood, they are ineffective, probably dangerous and therefore scams!

BEWARE OF EMAILS WITH SUBJECT LINE COVID-19

More and more emails are circulating with suggestions or directions on how to protect yourself from COVID-19 (coronavirus). These are most likely not government or Ministry of Health emails. If you don't know the sender don't open them and delete them immediately.

REPORT SCAMS

If you've foiled or been scammed, report it immediately by calling the police.

Don't be afraid to talk about it!

AVOID HOMEMADE DISINFECTANTS

Preparing a disinfectant at home can harm your health and the health of those around you.

Avoid absolutely!

DO NOT BUY VACCINES AND MIRACLE MEDICINES

Currently, there is no vaccine against the COVID-19 and there are no specific medicines.

Don't buy them!

For more info, visit

COVID-19 website:

<https://www.who.int/fr/emergencies/diseases/novel-coronavirus-2019>

WHO travel advice: <https://www.who.int/ith/en/>

Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-nCoV>