COVID-19
A guide for parents and caregivers, healthcare providers and implementing partners

What is coronavirus?

Coronavirus disease COVID-19 is an illness caused by a virus belonging to a large family of viruses, altogether called coronaviruses. The virus causing coronavirus disease COVID-19 can affect both animals and humans.

In humans it can cause respiratory infections, from the common cold to more severe conditions, like pneumonia, severe acute respiratory syndrome and sometimes death.

Some people become infected but don’t develop any symptoms and don’t feel unwell. Most people (about 80%) recover from the disease without needing special treatment. If adolescents and young people living with HIV are not taking their medication, they might be at more risk of getting COVID-19 and it might be more difficult to recover.

Common COVID-19 symptoms

A dry cough
A high fever
Other flu-like symptoms

What you can do to support adolescents and young people to stay healthy

1. If they are taking medication, remind them to take it as prescribed. They should have at least a 30 days’ supply.

2. Show them love, care and compassion – at times of extreme stress there might be greater potential for violence in the home.

3. Look out for signs of anxiety, stress and depression, and act quickly.

4. Encourage them to eat well and exercise safely for their physical and emotional wellbeing.

5. They should not visit friends, but encourage them to stay in touch on the phone or by WhatsApp.

6. Many young people will receive conflicting advice, so remind them to trust only validated information.

7. If they have any cold or flu-like symptoms – a new cough or fever – they should stay at home and call emergency services if they have difficulty breathing.

8. Provide them with emergency contact details should they need further support.

9. Advise them to stay at least 1-2 metres away from others when outside and avoid crowded places, as much as possible.

In collaboration with: Africaid, CANGO, Frontline AIDS, Global Network of People Living with HIV (GNP+), Global Network of Young People Living with HIV (Y+), M&C Saatchi World Services, PATA, REPSSI and RNJ+ www.frontlineaids.org/ready

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