

COVID-19

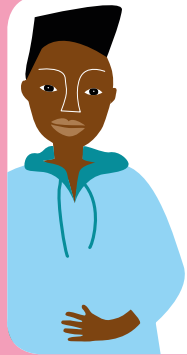
A guide for parents and caregivers, healthcare providers and implementing partners



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

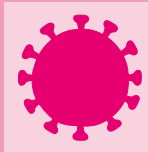


For more information visit:
WHO - www.who.int/emergencies/diseases/novel-coronavirus-2019
UNAIDS - www.unaids.org/en/covid19



This will be an uncertain time for everyone, but adolescents and young people will need your support. With some simple tips and guidance, you can help adolescents and young people to stay healthy.

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

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.

