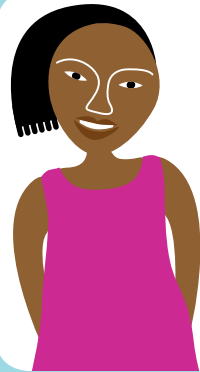


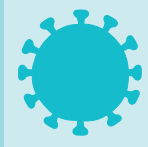
# COVID-19

## A guide for adolescents and young people



This might feel like an uncertain time, but with some simple tips and guidance, you can stay healthy and empowered to support yourself, family and friends.

### 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.

For more information visit: [www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)



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 you are living with HIV and not taking your medication, you might be at more risk of getting COVID-19 and it might be more difficult to recover.

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



### Common COVID-19 symptoms



A dry cough

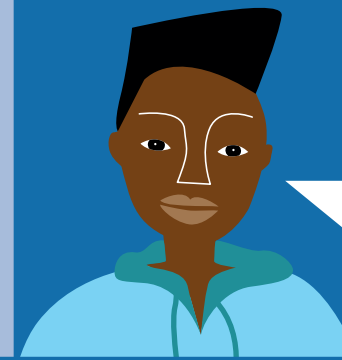


A high fever



Other flu-like symptoms

**1** If you are taking medication, do so as prescribed. Try to have at least a 30 days' supply and contact your healthcare provider if you need a refill.



What you can do to stay healthy

**2** Speak to somebody if you are worried about COVID-19 – for example on the phone or by WhatsApp.



**3** Support friends remotely who might be struggling emotionally or facing challenges at home.



**4** Eat well and exercise safely for your physical and emotional wellbeing.



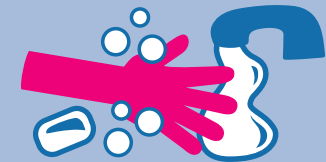
**5** If you have any cold or flu-like symptoms – a new cough or fever – stay at home and call emergency services if you have difficulty breathing.



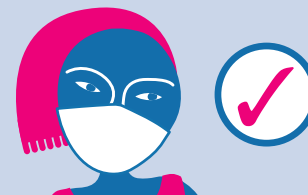
**6** Do not socialise with friends in person – stay at home and only travel for essentials such as food shopping or collecting medication.



**7** Wash your hands with soap for 20 seconds regularly, especially when you leave and enter your home.



**8** Wear a mask and avoid touching your eyes, nose and mouth.



**9** Be careful not to act on or pass on any information that has come from an unreliable source.



**10** Stay at least 1-2 meters away from others when outside and avoid crowded places, as much as possible.

