How to use a mask?

• Before putting on a mask, clean hands with alcohol-based hand sanitizer or soap and water.

• Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.

• Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.

• Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

• To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

- In case you experience any of the above mentioned common symptoms, and you have a history of being exposed to a COVID -19 infected person within 2-14 days, Please contact:-
    +255 737 955 394, +255 754 435 420, +255 789 707 773, or +255 684 448 894

Proper Way of Washing Your Hands

0 Wet hands with water	1 apply enough soap to cover all hand surfaces.	2 Rub hands palm to palm
3 right palm over left dorsum with interlaced fingers and vice versa	4 palm to palm with fingers interlaced	5 backs of fingers to opposing palms with fingers interlocked
6 rotational rubbing of left thumb clasped in right palm and vice versa	7 rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.	8 Rinse hands with water
9 dry thoroughly with a single	10 use towel to turn off faucet	11 ...and your hands are safe.

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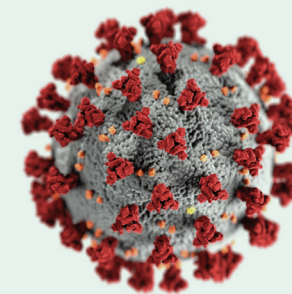
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Relief to Development Society (REDESO)

Understand more about Coronavirus (COVID - 19)

What is COVID - 19?

Corona Virus Disease (COVID-19) is the infectious disease caused by the most recently discovered coronavirus.

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe disease.

How does the virus spread?

People can catch COVID -19 from others who have the virus through inhaling small droplets from infected people who cough, exhale or sneeze or through touching contaminated surfaces and then touching nose, mouth or eyes.

What are the symptoms of COVID - 19?

Most people who become infected experience mild illness and recover, but for some it can be more severe. Symptoms begin to develop 2-14 days after exposure to the virus.

The symptoms include a combination of most common and less common:

Most common symptoms:-

Fever

Dry Cough

Difficulty breathing

Tiredness

Less common symptoms:

Nasal congestion
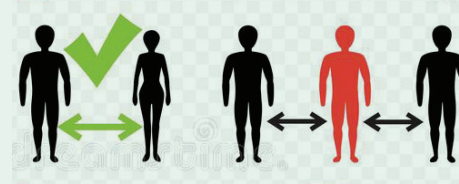
Runny nose

Sore throat

Diarrhea

Prevention of COVID - 19

People can prevent from infections of COVID - 19:

- Practice social distancing: Maintain at least 1 metre distance between yourself and others, especially anyone who is coughing or sneezing.
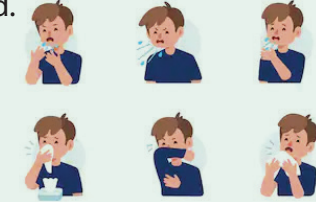
- Avoid touching your eyes, nose and mouth without washing your hands first.

- Avoid all unnecessary movements and keep away from gatherings.

- Cough and sneeze in your elbow or in a tissue, NOT in your hand.

- Dispose of the used tissue immediately in a closed bin.

- Regularly wash your hands with soap and water for at least 20 seconds OR use an alcohol-based disinfectant.

When to use masks

- Wear a mask if you are coughing or sneezing.
- Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- If you wear a mask, then you must know how to use it and dispose of it properly.