

COPING WITH COVID-19

Alliance Health Newsletter August 2020 Issue

What are the symptoms of COVID-19?

- Tiredness
- Cough
- Muscle aches
- Shortness of breath
- Fever
- Runny / congested nose
- Headaches
- Diarrhoea
- Sore throat
- Nausea or vomiting
- Loss of taste / smell

What should I do if diagnosed with COVID-19?



DO's

- Stay calm
- Stay at home for 14 days and rest
- Only leave home if you need medical attention
- Ensure you have family members who can help you to get essentials that you may need as well as do shopping for you
- Keep connected to loved ones remotely via phone or video calls



DON'T's

- Do not go to work
- Do not use public transport
- Do not entertain visitors in your home
- Do not go shopping or to any public places
- Do not visit anyone or attend any sort of gatherings
- Do not leave home unless you require medical attention

How should I isolate if I have COVID-19?



- Choose a **well-ventilated room** in your home to separate yourself from other people. Family members should not stay or sleep in the same room as you.
- Use your own **separate bathroom**. Clean the bathroom after every use should you have to share one with family members.
- Clean frequently touched and shared surfaces often. Where possible **avoid sharing utensils** and the same spaces as others in the home.
- **Maintain a reasonable distance** from other people in the home, at least 1.5 metres away.
- Always **wear a facemask** when interacting with others, to help prevent the spread of the virus.
- **Cover your mouth** with a tissue **when coughing or sneezing** or into the fold of your elbow. Dispose of any tissues in a bin dedicated to you.
- Maintain hand hygiene by **washing your hands** frequently with **soap and water** for 20 seconds or use an **alcohol based sanitiser** where water and soap are not readily available.

Source: Extract from "A guide to managing mild COVID-19 disease at home" by Dr Aysha Kola & Dr Waasila Jassat

Photo credit: Rush University Medical Center

Useful numbers:

Zimbabwe National COVID-19 Hotline		2019
Alliance Health 24Hour Call Centre	Voice calls	08677000716 / 0712 347 879
	WhatsApp	0772 126 120 / 0778 244 129

Claims submission:	callcentre@healthzim.com
General enquiries:	clientservices@healthzim.com
Membership queries:	membership@healthzim.com

