

## PERSONAL RESPONSIBILITY

If you get fever, sore throat or cough, contact your doctor. But don't go to the doctor's practice right away. Call him/her before. Outside of normal surgery opening hours, you can also call the on-duty medical service by dialling the number: **116 117**.

Make a test! Anyone who has **COVID-19** has to stay at home. Contacts must also stay at home. This is called quarantine and usually lasts **2 weeks**.

If you have been diagnosed with **COVID-19** you will receive information from your doctor's surgery or the health department. They will tell you how to proceed further.



### **IMPORTANT LINKS:**

Manager, Virginia Greiner

<https://www.zusammengegencorona.de>  
[www.rki.de](http://www.rki.de)

Overview Test- and Vaccination center  
in Germany:

<https://corona-station.com>

### **TELEPHONE ADVICE:**

#### **HOTLINE SERVICES:**

**0800 555 4 666**

#### **NATIONAL HOTLINE**

**0800 / 011 77 22  
116117**

#### **MINISTRY:**

**030 346 46 51 00**

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[Maisha-african-women@gmx.de](mailto:Maisha-african-women@gmx.de)

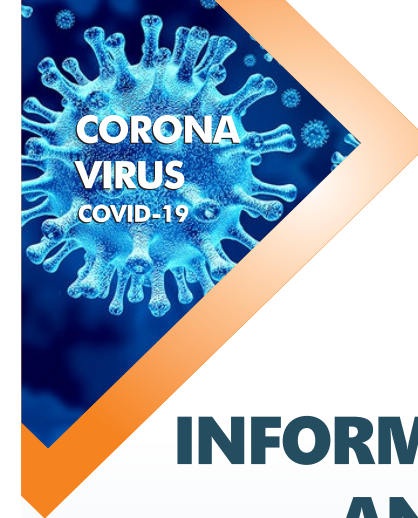
Tel: 069 90434905 / 0171-1734129

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## INFORMATION AND EDUCATION ON COVID-19



**MODEL PROJECT  
FOR AFRICAN  
MIGRANTS IN GERMANY**

# Maisha e.V.

African Women in Germany  
Afrikanische Frauen in Deutschland

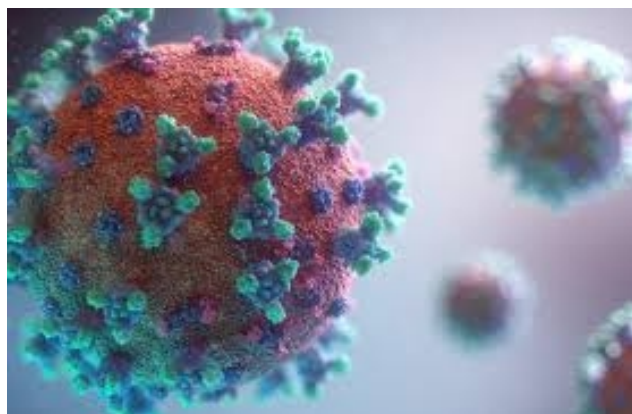


## A NEW CORONAVIRUS

**CORONAVIRUSES** have been around for a long time. But in December 2019 a new virus was discovered, named:

### **Corona-Virus SARS-CoV-2**

It is spreading rapidly all over the world. That is why we are currently talking about a corona pandemic.



## WHY IS THIS NEW VIRUS SO DANGEROUS?

The new **Coronavirus** is very contagious and can cause a disease called: **COVID-19**. Because the virus is new, many people still

have no defenses against **COVID-19**. That is why a lot of people get sick. **COVID-19** is a respiratory disease and can even cause death, when the lungs are seriously damaged.

## HOW CAN YOU GET INFECTED?

The new **Corona-Virus** is transmitted from person to person. This mainly happens through droplets that come into the air when you exhale.

In people who have been infected with corona, the droplets contain the virus for a while. When you exhale, cough or sneeze, droplets are sprayed into the environment.

This is how the virus can spread.

That is why it is so important to keep enough distance, wear medical respiratory protection masks and ventilate rooms often.

The virus can also be transmitted by kissing and shaking hands.

## SIGNS OF DISEASE

Anyone suffering from COVID-19 feels tired and powerless, like the flu. There are various signs of COVID-19, for example cough, sore throat or fever. Some people

find it harder to breathe. Other people can no longer smell or lose their sense of taste.

It is often difficult to distinguish the first signs of **COVID-19** from the **flu** or **cold**. Only with a test can you determine whether you really have **COVID-19**.

## RISK OF CONTAGION BEFORE SIGNS

The problem: if you've been infected with **COVID-19**, you don't notice it immediately. Because the signs of the disease only appear a few days later. Before you have any signs, you can infect other people without noticing. This is why the **DHM** formula is so important, even when you are feeling healthy.

## PROTECTION THROUGH THE DHM FORMULA!

**D** = maintain a distance! (at least 1,5 metres)

**H** = observe the hygiene rules! (proper coughing, sneezing and hand washing)

**M** = wear a community mask! (in closed spaces)

**This formula is supplemented by A for Airing your Home or Office.**