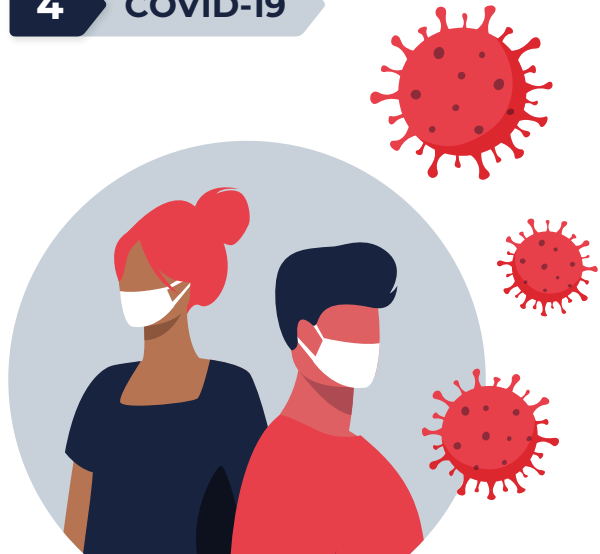


4 COVID-19



Modes of transmission

- Close contact (more than 15 minutes and within 2 meters) with an infected person
- An infected person coughs or sneezes near you

Symptoms

- » Fever
- » Cough
- » Tiredness or fatigue
- » Loss of taste or smell
- » Shortness of breath or difficulty breathing
- » Muscle aches, sore throat, headache and/or chest pain
- » Shivering

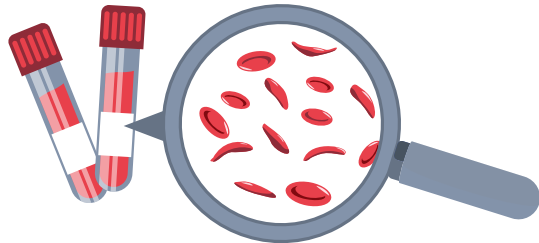
Line of action

- Seek medical care
- Stay at home
- Wear a face mask
- Cover your nose and mouth when sneezing or coughing
- Keep a distance of 2 meters from others
- Wash your hands frequently
- Always wash your hands before touching your face

Modes of transmission, symptoms and lines of action in patients with sickle cell disease, hepatitis C, tuberculosis, HIV and COVID-19



1 Sickle cell disease

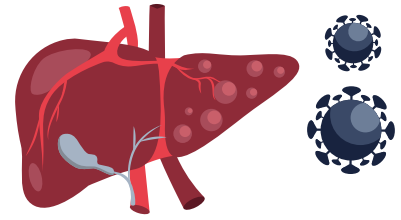


- Modes of transmission**
 - Genetic and hereditary
- Symptoms**
 - Anaemia
 - Pain crises / episodes
 - Swollen fingers and toes
 - Fever and bone pain
 - Vomiting or abdominal pain

Line of action

- Seek medical care
- Eat a healthy diet
- Drink plenty of liquids
- Avoid extreme heat
- Exercise regularly
- Rest
- Avoid consuming harmful substances
- Avoid exposure to low oxygen levels

2 Hepatitis C



- Modes of transmission**
 - Unprotected sexual relations
 - Objects contaminated with infected blood
 - Blood transfusions (or blood derivatives) and organ transplants received before 1992

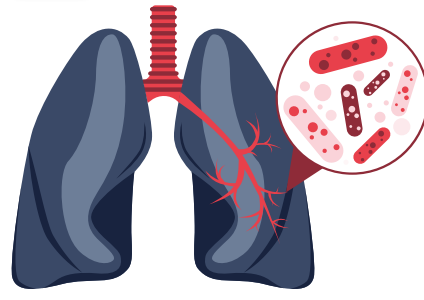
Symptoms

- Fever
- Fatigue
- Dark urine
- Pale stools
- Abdominal and/or joint pain
- Loss of appetite
- Nausea
- Vomiting
- Jaundice

Line of action

- Seek medical care
- Avoid sharing objects that could be contaminated

3 Tuberculosis



- Modes of transmission**
 - Coughing, speaking or sneezing
- Symptoms**
 - Fatigue
 - Fever
 - Night sweats
 - Shivering
 - Loss of appetite
 - Cough, with or without blood, that lasts three or more weeks
 - Chest pain when breathing or coughing
 - Involuntary weight loss

Line of action

- Seek medical care
- Stay at home
- Wear a face mask
- Cover your nose and mouth when sneezing or coughing
- Ventilate enclosed spaces

4 HIV



- Modes of transmission**
 - Unprotected sexual relations
 - Contaminated objects (needles and syringes)
 - Blood transfusions
 - Pregnancy, childbirth or breastfeeding

Symptoms

- Fever
 - Headache, muscle and/or joint pain
 - Skin rash
 - Sore throat and painful mouth ulcers
 - Swollen lymph nodes, primarily in the neck
- Asymptomatic with high risk behaviors*

Line of action

- Seek medical care
- Always use a condom
- Get tested for sexually transmitted diseases
- Do not inject drugs