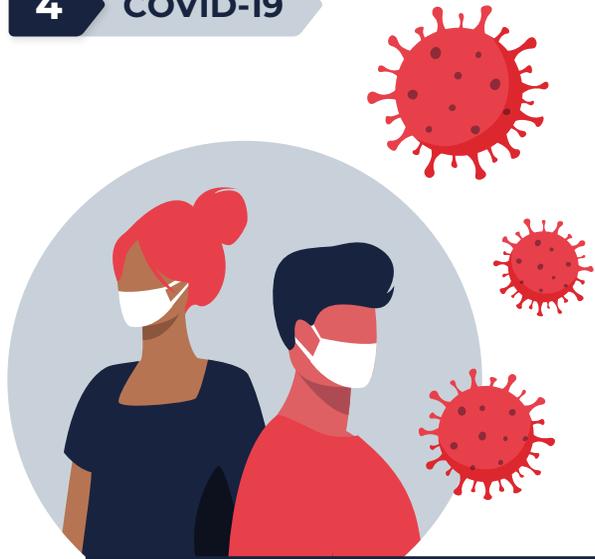


4 COVID-19



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

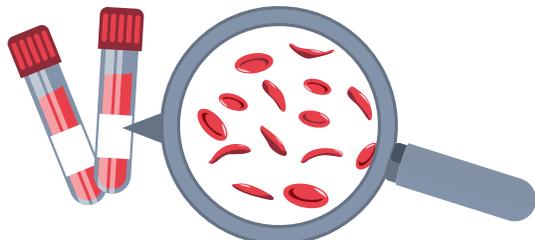
Line of action

- 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

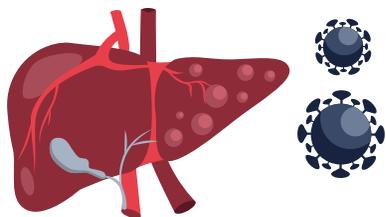


Avoid consuming harmful substances



Avoid exposure to low oxygen levels

2 Hepatitis C



Symptoms

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

Modes of transmission

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

Line of action

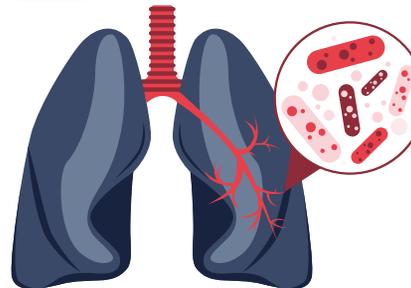


Seek medical care



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