COVID-19 is an infectious disease caused by a newly discovered coronavirus. The virus that causes COVID-19 is called Sars-CoV-2.

**Common Symptoms**
- Fever
- Cough
- Shortness of Breath

**Mild Symptoms**
- Fever > 38°C
- Cough
- Nasal Congestion
- Sore Throats
- Malaise

**Severe Symptoms**
- Fever > 38°C
- Continous Cough
- Shortness of Breath
- Respiratory Infection
- Lost of Consciousness

**Moderate Symptoms**
- Fever
- Continous Shortness of Breath
- Sore Throats

Some people become infected may not developed any symptoms and do not feel unwell.

If the symptoms above continue, follow the health protocol in your area and consult immediately with the nearest healthcare provider.

Source: https://www.who.int/health-topics/coronavirus

www.samdhana.org
Evidence suggests that the transmission is mostly via droplets. What it means is that the virus is carried within droplets emitted from an infected person over a short distance such as when the person coughs or sneezes.

**Virus Transmission**

From human to human through close contact and droplets

Droplets contaminates surrounding objects

Contaminated hands touch eyes, nose, and mouth

Virus Incubation

5-6 days and the longest 14 days

Source: https://www.who.int/health-topics/coronavirus
What can I do to avoid contracting COVID-19?

1. Apply Basic hygiene practice. Wash your hands often using soap and water, for at least 20 seconds. If soap and water are not available, use hand sanitizers.

2. Boost immune system by eating healthy foods and drinking a lot of water.

3. Avoid touching your eyes, nose and mouth with unwashed hands.

Source: https://www.who.int/health-topics/coronavirus
www.canada.ca/en/public-health/
19 Ways for a Healthy Home Fire
What can I do to avoid contracting COVID-19?

4. Cover your cough or sneeze with your elbow or a tissue, then throw the tissue in the trash bin.

5. Clean and disinfect frequently touched objects and surfaces.

6. Change how we greet one another - give a friendly wave or the nod.

Source: https://www.who.int/health-topics/coronavirus
www.canada.ca/en/public-health/
19 Ways for a Healthy Home Fire
What can I do to avoid contracting COVID-19?

7. Stay home when you are sick.

8. Maintain social physical distancing and at least 1 meter away from the other person. Avoid close contact with people who are sick.

9. Avoid sharing cigarettes, or any smoking material including Ceremonial Pipes.

10. When chewing betel leaves, avoid throwing away the betel leaves or spit carelessly.

Source: https://www.who.int/health-topics/coronavirus
What can I do to avoid contracting COVID-19?

11. Avoid big meetings of more than 5 people. If possible to call off or postpone community activities and gatherings that will bring a lot of people.

12. Avoid outside contact with Elders, seniors, and anyone with an underlying health condition.

13. Avoid going to the city or urban areas if there is no emergency or very urgent need.

Source: https://www.who.int/health-topics/coronavirus

www.samdhana.org
No specific medicine has been widely accepted to cure COVID-19. There are still on-going research and development efforts to get medicine for the COVID-19 treatment worldwide.

Source: https://www.who.int/health-topics/coronavirus
**CORONAVIRUS (COVID-19)**

**RISK ON CONTRACTING INFECTIOUS DISEASE**

- **Probability >70%**
  - Very High

- **Probability 70%**
  - High

- **Probability 5-70%**
  - Moderate

- **Probability 1,5%**
  - Mild

**USE MASK WHEN YOU GO OUTSIDE YOUR HOUSE**

After using the mask dispose if it is disposable.
Wash and clean your mask if you using ordinary mask.
Prevention on COVID-19 is important by practicing basic hygiene and avoiding the risk of transmission.

1. Wet your hands with running water
2. Apply Soap
3. Rub your palms
4. Rub the back of your hand
5. Rub between fingers
6. Rub the back of the fingers
7. Rub the thumb of the hand
8. Rub the nails
9. Rinse hands with running water
10. Dry with a tissue or towel
11. Use a tissue or towel to turn-off the faucet
12. Your Hands Are Clean

Using hand sanitizer cannot replace washing hands thoroughly, which is considered the most effective method for killing germs.

Source: https://www.who.int/health-topics/coronavirus
First Method

**Ingredients:**
- Betel leaves
- Rambutan peel
- Coconut Oil or Olive Oil

**Steps:**
1. Boil betel leaves and rambutan peel on a different container.
2. Mix the extract with coconut oil to soften when applied.

**DIY Hand Sanitizer**

HOW TO MAKE NATURAL HAND SANITIZER (2)?

Second Method

Ingredients:
- Basils
- Orange Peel
- Aloe Vera

Steps:
1. Clean and peel Basil leaves and Aloe vera. Then blend it
2. Mix Orange peel with water
3. Add Mix water and orange peel with Basil and Aloe vera

= DIY Hand Sanitizer

Natural  Easy To Get  Easy To Make

STOP STIGMA (COVID-19)

COVID-19 pandemic has provoked social stigma and discriminatory behavior against people from certain ethnic backgrounds as well as anyone perceived to have been in contact with the virus.

What Is Social Stigma?
In the context of health is the negative association between a person or group of people who share certain characteristics and a specific disease.

3 Factors of Stigma

1. A new disease and still unknowns
2. Most people fear of the unknowns
3. It is easy to associate that fear with "others"

What Is The Impact Of Stigma?

- Drive people to hide the illness to avoid discrimination
- Increase virus transmission
- Prevent people from seeking health care immediately
- Resulting more severe health problems
- Discourage them from adopting healthy behaviors
- Difficulties controlling a disease outbreak
- Undermine social cohesion
- Encourage social isolation

Facts, not fear will stop the spread of (COVID-19)

- Share facts and accurate information
- Challenge myths of COVID-19
- Choose Words Carefully