

HOW DOES COVID-19 SPREAD?

The virus is transmitted by exposure to respiratory droplets of infected people (e.g. via coughing and sneezing). People can also become infected by touching surfaces that have been contaminated, and then touching their eyes, nose, or mouth before washing their hands. Avoid touching your eyes, nose, and mouth with dirty hands.

COVID-19 AFFECTS THE FOLLOWING GROUPS MOST SEVERELY:

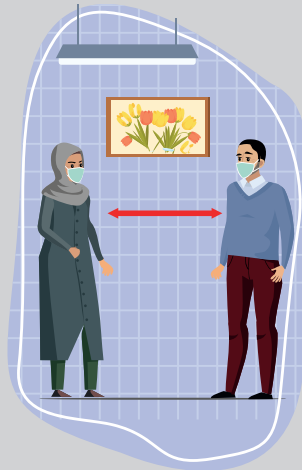
- People older than 60 years
- People with serious chronic diseases
 - *Heart diseases*
 - *Hypertension*
 - *Diabetes*
 - *Chronic respiratory diseases*
- Cancer patients
- Healthcare professionals

The most common symptoms are **fever, cough, and shortness of breath.** Severe cases may lead to pneumonia, respiratory failure, kidney failure, and death.

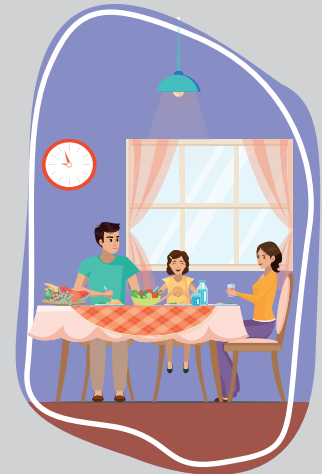
HOW TO PREVENT THE SPREAD OF COVID-19?



Wash your hands frequently with soap and water, rubbing them together for at least 20 seconds each time.



Keep a social distance of 1.5 meters from others. Wear a mask and wear it properly.



Drink plenty of fluids, maintain a healthy diet, and practice healthy sleep habits.



Avoid close physical contact with others such as handshaking and hugging.



Avoid sharing personal items such as towels.



Contact a healthcare facility if you have a fever, cough, and difficulty breathing.

**COVID-19 VACCINATION;
VACCINATION
REDUCES THE RISK
OF TRANSMISSION,
SEVERE ILLNESSES,
HOSPITALISATION,
AND DEATH.**



**GET VACCINATED
PROTECT YOURSELF
AND YOUR LOVED ONES**

This publication was produced with the financial support of the European Union. Its contents are the sole responsibility of the Republic of Türkiye Ministry of Health and do not necessarily reflect the views of the European Union.

RIGHT PLACE, QUALITY SERVICES

Contact the nearest **Migrant Health Centre** for more information and support



www.sihhatproject.org



[sihhatproject](https://www.facebook.com/sihhatproject)



This project is funded by the European Union.
Bu proje Avrupa Birliği tarafından finanse edilmektedir.
هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

**LET'S JOIN FORCES
TO OVERCOME THE
COVID-19 PANDEMIC**

