

COVID-19

CORONAVIRUS DISEASE 2019

What ULABians Need to Know



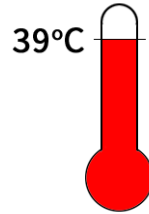
What is COVID-19?

COVID-19 is a coronavirus.

Coronaviruses cause respiratory illnesses ranging from the common cold to more severe diseases. COVID-19 is the newest one.

What are the symptoms?

These symptoms do not necessarily mean you have COVID-19.



Fever



Cough (dry)



Shortness of breath



How can I protect myself?

- ✓ Wash hands frequently with soap and water for at least 20 seconds.
- ✓ If soap is not available, use a hand sanitizer.
- ✓ Avoid contact with sick people.
- ✓ Face masks are NOT recommended for people who are well. Only wear them when you are sick.



What if I get sick?

- ✓ Stay home except to get medical care
- ✓ Separate yourself from others in your home
- ✓ Wear a facemask
- ✓ Cover your coughs and sneezes
- ✓ Clean your hands often



What is ULAB doing?

- ✓ We are sanitizing all surfaces like door knobs and table tops daily.
- ✓ We are providing soap at all wash basins.
- ✓ Everyone should carry their own gel sanitizers. We are working to procure them for our public spaces.
- ✓ Our own staff who are sick will self-quarantine and stay home until they recover.

Government of Bangladesh COVID-19 Hotlines:

+880 1937-0000-11
+880 1937-1100-11
+880 1927-7117-84
+880 1927-7117-85

Don't panic! Seek advice only from trusted authorities.

- World Health Organization: <https://www.who.int/>
- Centers for Disease Control <https://www.cdc.gov/>
- IEDCR: <https://www.iedcr.gov.bd/>
- Major newspapers and major hospitals.