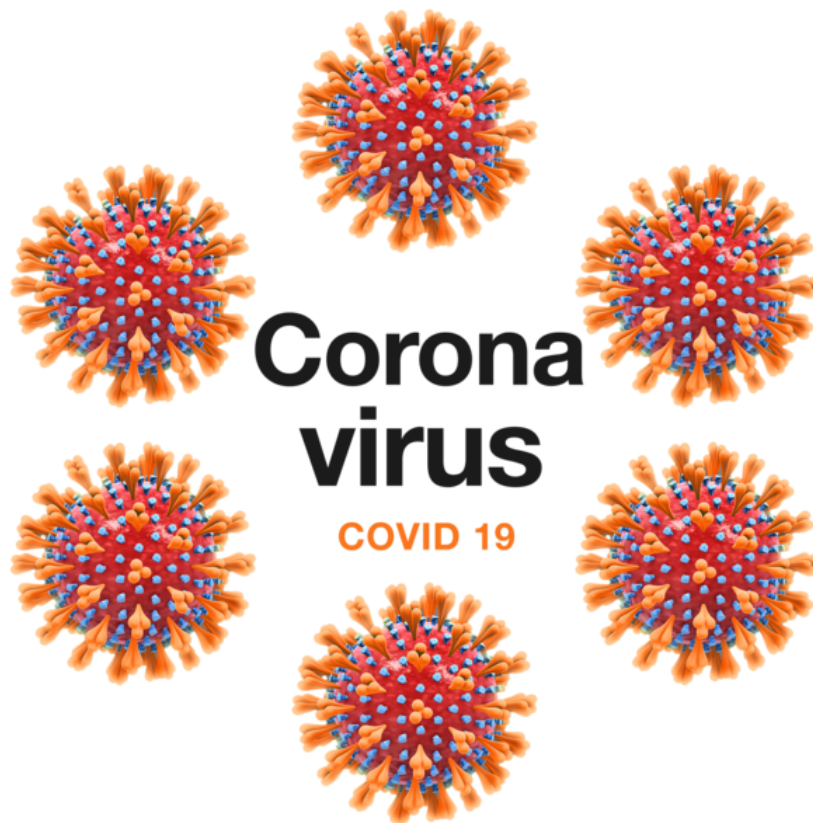# Information about Covid-19 in Ghana

Covid-19 is a new disease that many people in the world are getting. It is also called Coronavirus

Corona virus
COVID 19

This leaflet has easy words and pictures.

It is for all people with disabilities. This includes people with mental health disabilities, their families and people in the community.

Other people may also find it useful.

What is in this leaflet

What is Covid-19?

Covid-19 is a new disease.

It is also called Coronavirus.

Covid-19 has spread to many countries in the world.

It is also in Ghana.
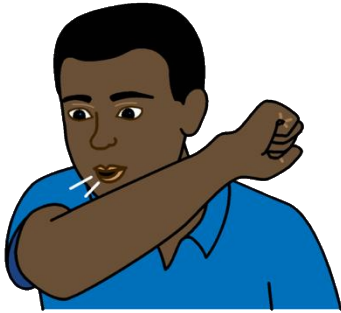
Most people can get better from Covid-19.

But Covid-19 can make some people very ill.

It is important to keep you and your family safe from Covid-19.

How do you know if you have Covid-19?

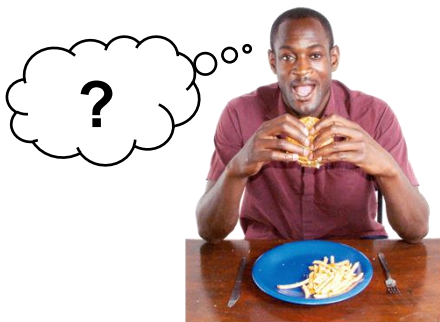You could have Covid-19 if you have one or more of these things:

- You have a dry cough

- You have a high temperature or fever. This is when you feel very hot

- You find it hard to breathe

- You find it hard to smell or taste

- You have a headache, pain in your chest or aches in your body

Covid-19 feels different for everyone. Some people feel OK. Some people feel very ill.

If you feel very ill with Covid-19
Call 112 or 311.

How Does Covid-19 Spread?

You cannot see Covid-19.

Covid-19 can spread when people:

- Cough
- Sneeze
- Talk

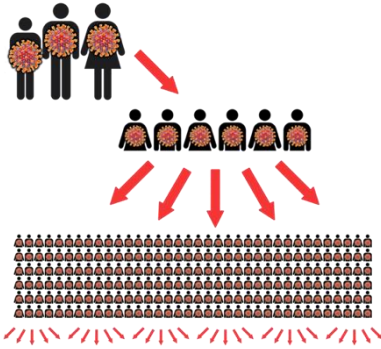It can spread in the air to other people.

It can spread on many things that people touch, like:

- Tables
- Door handles
- Handrails

You can get Covid-19 if it gets on your hands and you touch your face.

If you have Covid-19 you can still spread it to someone else even if you feel OK.

How can you keep safe from Covid-19?

There are some things you must do to help keep you and other people safe from Covid-19.

1. Wash your hands with soap under running water

Wash your hands often with soap under running water.
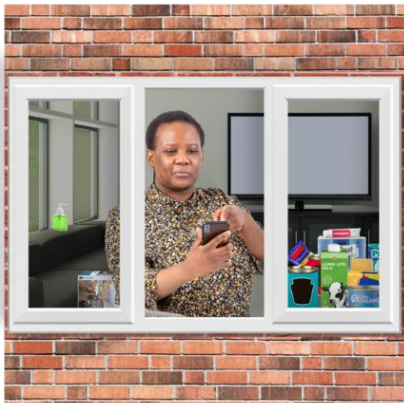
Do this for at least 20 seconds.

Wash your hands after:

- Using the bathroom

- Coughing or sneezing

- Eating

- Going to the market

- Before and after going to a church or mosque

Use hand sanitizer with alcohol if you don't have soap.
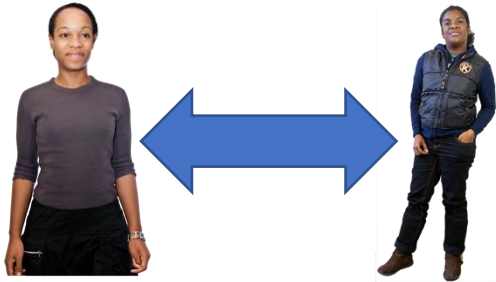
But soap and water is better.

2. Try to stay at home

Stay at home unless you really need to go out to buy food or go to work or school.

3. Try to give everyone lots of space if you go out

Being close to someone can spread Covid-19.

Try to keep at least 2 meters away from other people. 2 meters is 6 feet.

For example, try to keep 2 meters away from people if you have to:

- Use transport

- Go to Church or Mosque

4. Wear a face mask

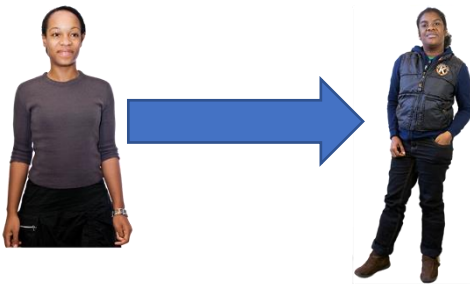You must cover your nose and mouth with a face mask when you go outside your home.

There is a new law that says you have to do this.

It helps keep other people safe if you might have Covid-19.

For example, you must wear a face mask if you:

- Go out

- Go to the market

- Go to a church or mosque

You must still keep 2 meters away from people if you wear a face mask.

5. You have to keep your home and the area around you clean

Clean things that you touch a lot, like:

- Tables

- Door handles

- Light switches

- Phones

- Wheelchairs, canes or other things that help you move around

Ask people who support you to wash their hands.

Ask people who support you to wear a face mask too.

6. Try not to touch your face

Do not rub your eyes.

Do not touch your mouth.
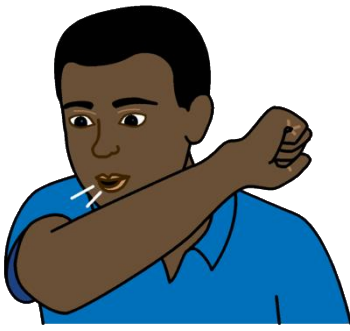
Do not touch your nose.

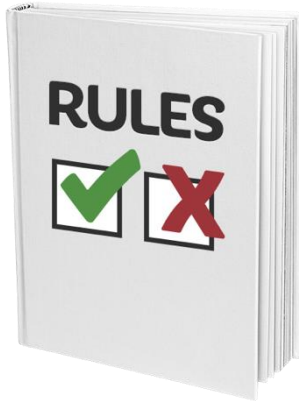This is to stop Covid-19 getting into your body.

If you need to cough or sneeze use a tissue.

Then put the tissue in a bin.

If you don't have a tissue, try to cough or sneeze into your bent elbow if you can.

You must follow these rules to keep everyone safe from Covid-19.

What should you do if you or a family member has Covid-19?

Call **112 or 311**

Call the emergency line 112 or 311.

Or visit the website ghanahealthservice.org

Or call your doctor.

The doctor will tell you what to do.

Do not go to a hospital or clinic unless the doctor tells you to.

If you get very ill with Covid-19, you might have to go to hospital or a clinic.

Only if the doctor tells you.

Many people can stay at home.

Call 112 or 311 before going to hospital, unless you can't get to a phone.

Ask family or friends for help if you need to.

What to do and what not to do during Covid-19

Here are some things that might help you feel better:

- Have healthy food and drink

- Try to do some exercise if you can

- Try to relax and sleep well

- Don't look at the news all the time. It might upset or worry some people.

- Stay in touch with family and friends by phone, email or video.

  Try not to visit them for now

Ask for help if you feel really worried or sad about Covid-19

Call your doctor or Community Mental Health Officer.

There are some numbers you can call if you feel really worried or sad.

You can talk to Mental Health Society of Ghana (MEHSOG) if you need help:

+233(0)302781217
+233(0)302772003
+233(0)244314241

You can phone the Ghana Health Service for information about Covid-19:

+233(0)558439868

+233(0)509497700

What if you need help or advice about something else?

If you don't think you have Covid-19, you can get help the way you normally do.

You might normally get help from family, a support group, or health workers.

Thank you to the organisations who helped make this leaflet.

Thank you to the Government of Ghana and the World Health Organization for their information and rules.

We worked together with

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