Some useful facts about
how COVID-19 works

You CAN recover from COVID-19.
Catching COVID-19 does NOT mean you will have it for life. Most people who catch COVID-19 recover and eliminate the virus from their bodies. If you catch the disease, make sure you treat your symptoms. If you have cough, fever, and difficulty breathing, seek medical care early – but call your health facility by telephone first. Most patients recover with care.

COVID-19 doesn't just affect older people – it affects people of all ages.
Older people and people with medical conditions such as heart disease, asthma, diabetes, and high blood pressure appear to be more vulnerable to becoming severely ill with COVID-19. The World Health Organization advises people of all ages to protect themselves from the virus by, for example, following good hand hygiene and good respiratory hygiene.

You need to be with an infected person for 10 minutes to catch COVID-19.
This is FALSE. It is possible to be infected in a shorter period of time - or by picking up the virus from contaminated surfaces.
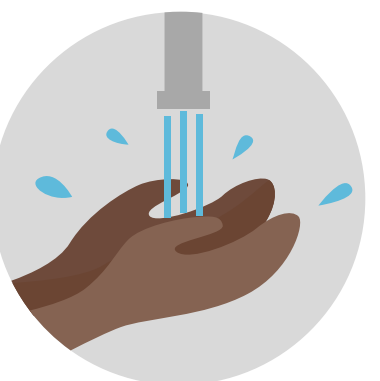
When clean water is not available, slightly dirty water is effective against COVID-19 if you use soap when washing your hands.