

## Issue# 01

# Differentiating between Coronavirus and Common Cold



Everyone these days is afraid of catching coronavirus. People are also experiencing seasonal allergy and common cold. It is therefore important that we are aware of the severity of sickness and measures to address emerging symptoms. Be vigilant of any cold and flu symptoms that you or any of your family members may experience, stay calm and react wisely, take care of yourself and your family. Please remember that it is not advisable to visit hospitals and health clinics during outbreaks until it is absolutely unavoidable.

## Symptoms



Sore throat



Itchy eyes and nose



Coughing/sneezing or both



Coughing/sneezing/fever/body aches



Fever goes up to 102°C. You feel shortness of breath, difficulty in breathing and pressure on your chest

## Measures

- Drink warm water
- Gargle with saltwater
- Take honey in warm water
- Avoid everything which is cold
- Take vitamin C (e.g. oranges, lemon with warm water and salt)

- Wash hands before touching eyes, nose and face

- Wear a surgical mask and change it after 8 hours
- Maintain a 6 feet distance from family members
- Stop cooking or serving food
- All members use separate towel

- Rest plenty
- Isolate from rest of the family, use separate wash room if possible
- Take paracetamol to bring fever down
- Monitor the fever

- Take it seriously!
- Call your doctor or call 1166 for advice and assistance

## During coronavirus outbreak continue to:

- Wash your hands regularly
- Use sanitizer if soap is not available
- Cough/sneeze in your upper sleeve and not in hands, if using tissue flush it immediately
- Practice social distancing even at home
- Keep door-knobs, light switches, faucets, toilets and any other high-touch area clean
- Keep windows of your room open to allow good airflow and sunlight



If you think you have coronavirus?

Assess yourself through self-screening tool: <http://covid19.tih.org.pk/>

Note: The information provided aims at creating awareness around coronavirus, it is not a substitute to an expert opinion of a health practitioner or a doctor.

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