



HEALTH ADVISORY & UPDATES

LEARNING TO LIVE WITH COVID-19 BY ADAPTING OUR DAILY LIVES

Safety is a top priority for ACS. To remain informed of global and regional events, we rely on key partnerships and trusted agencies like the World Health Organization (WHO) to help keep us updated.

Please click below for the [World Health Organization's Information Network for Epidemics](#).



دائرة الصحة
DEPARTMENT OF HEALTH



UAE INTERACTIVE MAP

Although UAE cases are relatively low, we must be diligent and follow the recommended measures to reduce transmission risk and recognize potential symptoms. For the most up-to-date information related to world cases and UAE confirmed cases, please view this [interactive map](#).



وزارة الصحة ووقاية المجتمع
MINISTRY OF HEALTH & PREVENTION

MINISTRY OF HEALTH AND PREVENTION (MOH)

The Ministry of Health and Prevention (MOH) [Awareness Center](#) for guidance and public health line numbers to contact.











For any medical support or inquiry, please contact:

- "Estijaba" service at the operation center – Department of Health (DOH) at **8001717**
- Ministry of Health & Prevention (MOH) at **80011111**

TAKING CARE OF YOUR HEALTH

Check for Symptoms

If you have mild symptoms (see list below) you should quarantine yourself separate from your household for 14 days. If there are no improvement in symptoms after 7 days then contact DOH at **8001717** who will advise if you need to be tested.

Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* (usually dry)	Mild	Common* (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

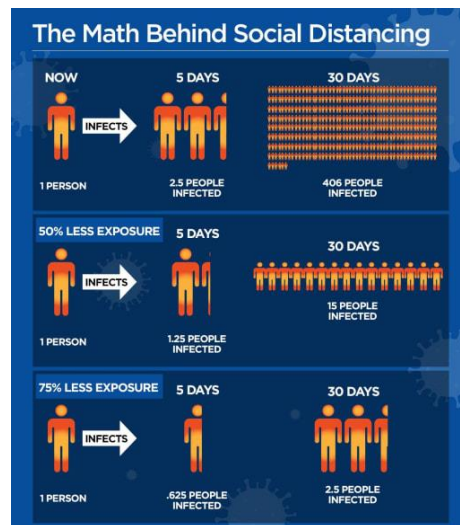
- **Fever:** Generally, over 37.8°C (100°F) and sensation of feeling hot on chest and back.
- **Cough:** persistent dry cough of 3 uncontrolled episodes in an hour
- **Taste & Smell:** There are reports for those with mild symptoms that taste and smell were affected.

People with **Underlying Health Conditions** can be more susceptible to complications of the virus. These include, but are not limited to, respiratory conditions, chronic heart conditions, chronic, liver diseases, chronic neurological conditions, weakened immune systems, and obesity.

Social Distancing

Everyone should be following social distancing to reduce contact, including working from home, maintaining 2 meters / 3 steps away from the next person, limiting trips to grocery and pharmacy, and only visit a medical center for a chronic health issue.

Why is social distancing important? It won't stop the spread but it will reduce the spread which 'shields' those who are vulnerable and doesn't overburden the healthcare facilities for those that may need their intervention.



Credit: Robert A.J. Signer Ph.D., Assistant professor of Medicine at the University of California, San Diego; Gary Warrshaw, Art Director

Hand Washing is one of the most effective methods to reduce transmission but it has to be 20 seconds at least of thorough washing. If there is no access to hand washing, then 20 seconds of using hand sanitizer with minimum 60% alcohol content. [Watch this 3-minute clip on effective handwashing](#), the science behind why soap and water works if you do it right.

FREE Mental Health Consultations for UAE Residents

The Ministry of Community Development, MoCD, has launched four interactive channels under a new initiative named 'Taaluf' to provide family counseling for free to all UAE community members.

[News article](#) from *Emirates News Agency*

[News article](#) from *The Khaleej Times*

Department of Health-Abu Dhabi, SEHA Launch Drive-Through Screening for Covid-19

[News article](#) from *Emirates News Agency*