

## Don'ts

1



Don't use torn masks.

2



Don't lower the mask below the chin while speaking.

3



Don't touch the mask while wearing.

4



Don't re-use single-use masks.

5



Don't use too big or too small masks.

6



Don't cover only nose or only mouth.

## Words of warning

- A virus may be a risk to some extent even if an effective vaccine or treatment is available.
- Be safe; take care of yourself.
- Encourage others to also obey the rules too.

## It is important to have reliable information

- Only trust the press and media releases of the Ministry of Health and Sports. Follow the government instructions.

## Severe risk groups and vulnerable people

- Elderly people of 60 years and older, people with special needs
- People with chronic diseases (e.g. hypertension, diabetes, cancer, respiratory diseases) and organ transplants (e.g. heart, liver, kidney)
- Young children and pregnant women

## Emergency numbers:

Hotline 2019 (or) Public Health Emergency Operation Center:  
067 3420268

Yangon Regional Department of Public Health:  
Hotline 09 756341601, 09 756341602

## Further information

<https://www.mos.gov.mm>

## Publishers of the pamphlet

Yangon City Development Committee  
Urban Planning Department  
[www.ycdc.gov.mm](http://www.ycdc.gov.mm)



University of Cologne, Germany  
Institute of Geography  
[www.geographie.uni-koeln.de](http://www.geographie.uni-koeln.de)



Department of Urban and Housing Development, Ministry of Construction

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[www.myrisk.uni-koeln.de](http://www.myrisk.uni-koeln.de)

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## Recommendations for respiratory pandemic



Picture: World Health Organization (WHO)

## What is a pandemic?

A pandemic is the large-scale spread of a disease caused by viruses. Viruses can infect a lot of people and make them sick. Examples are the Corona pandemic (since 2020) and the Spanish influenza (in 1918 to 1920).

## How does a virus spread?

1. Direct infection through the respiration tract, e.g. talking, breathing, coughing and sneezing.
2. Infection through touching contaminated surfaces.
3. Transmission from an infected person in a large group or in closed/poorly ventilated rooms.

## What are the symptoms of a respiratory disease?

Most people who become infected experience mild illness and recover, but for some the illness can be more severe and may even lead to death. The following symptoms may arise:

### The most common symptoms

1. Fever (Temperature: 38 °C / 100.4 °F and above)
2. Loss of the sense of smell and taste
3. Dry cough
4. Exhaustion, fatigue
5. Sore throat
6. Muscle and joint pain
7. Dizziness, nausea and diarrhea
8. Headache
9. Nasal congestion, sneezing and runny nose

### Serious symptoms

1. Breathing difficulty or shortness of breath
2. Chest pain or pressure
3. Loss of speech or movement

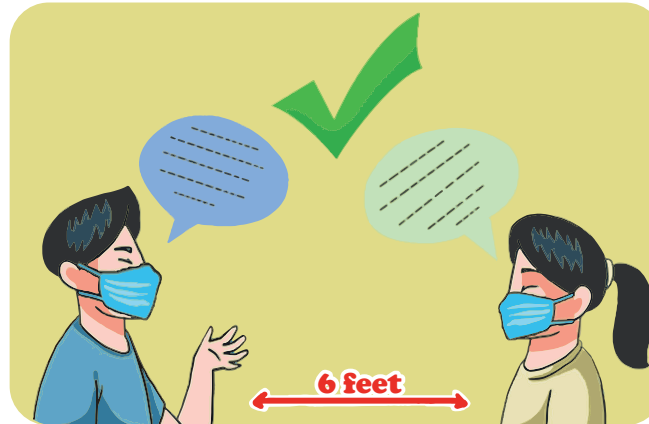
## Preventive measures in general

1. If possible, avoid public places and crowded areas.
2. Stay as far away from others as possible, at least 6 feet.
3. Wear a mask outside your home and in crowded areas.
4. Wash your hands thoroughly with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer containing at least 75% alcohol.
5. Change clothes and wash them right away after you come back from outside (particularly from public places).
6. When severe symptoms appear, get medical help right away. Phone the nearest health center or the ward administration office.
7. Whenever you cough or sneeze, cover your mouth and nose properly and securely. If using a tissue, dispose of the tissue in a covered bin.
8. Participate fully in social isolation.
9. Boost your immune system by doing light exercise and sleeping, drinking and eating enough and healthily.

## Practising healthy behaviour



## Maintain social distancing



## Preventive measures in public places

1. Ensure good ventilation of offices, classrooms, shops and restaurants. Keep windows open if possible.
2. If you cannot avoid being in a poorly ventilated room or a crowded place, wash your hands regularly and wear your mask properly!
3. In offices and schools, items of stationary (e.g. pencils, erasers, books, pens) should not be shared or should be disinfected after use.
4. If you come into contact with frequently exposed surfaces (such as doorknobs and handrails) in public places, wash your hands or clean your hands with hand sanitizer containing at least 75% alcohol.

## Wear masks properly

### Do's

1



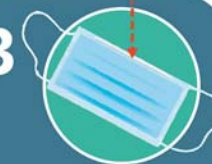
Do wash your hands before wearing the mask.

2



Do check whether the mask has a defect.

3



Do place the side with the metal rod or glue stick on the top.

4



Do put the darker surface on the outside.

5



Do place the mask carefully, ensuring that it covers the mouth and nose.

6



Do remove the mask by holding it by the strap.

7



Do dispose of single-use masks immediately in a covered bin after using.

8



Do wash your hands again thoroughly.

