9. Don't use torn masks.
10. Don't lower the mask below the chin while speaking.
11. Don't touch the mask while wearing.
12. Don't re-use single-use masks.
13. Don't use too big or too small masks.
14. Don't cover only nose or only mouth.

Words of warning

- COVID-19 remains a risk until effective vaccine or treatment is available.
- Be safe; take care of yourself.
- Encourage others to also obey the rules.

It is important to have reliable information

- Only trust the press release of the Ministry of Health and Sports.

Emergency numbers:

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

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

For further information check

https://www.mohs.gov.mm

Publisher of the pamphlet

Yangon City Development Committee
Urban Planning Department
www.ycdc.gov.mm

University of Cologne
Institute of Geography
www.geographie.uni-koeln.de/en/

StEB Köln
Flood Protection Centre Cologne

Stadt Köln
Cologne Fire Department, Institute for Security Science and Rescue Technology

DKKV
German Committee for Disaster Reduction

Department of Urban and Housing Development, Ministry of Construction

Ministry of Health and Sports

University of Yangon

Centre of Excellence for Urban and Regional Development

Myanmar Environment Institute

www.riskurbmyanmar.uni-koeln.de

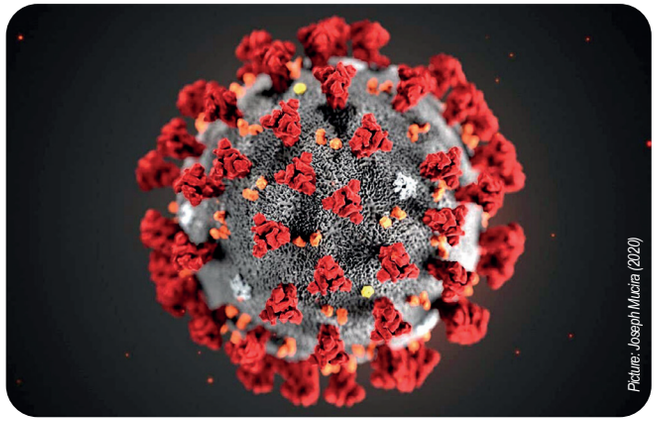
December 2020

SPONSORED BY THE
Federal Ministry of Education and Research

Funding No. 01LE1904A
Funding line of sustainable development of urban regions joint projects (NUR)
DLR Project Management Agency, Germany

RiskUrb Myanmar

Recommendations for the COVID-19 pandemic



The COVID-19 pandemic is not over.

Prevent the spread of COVID-19 by taking preventive measures – Let's not let up!

What is the novel coronavirus

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases. COVID-19 is the infectious disease caused by a new coronavirus (SARS-CoV-2). In December 2019, the outbreak of the virus began in Wuhan, China. Now, it is a pandemic facing all countries.

How does COVID-19 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 COVID-19

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

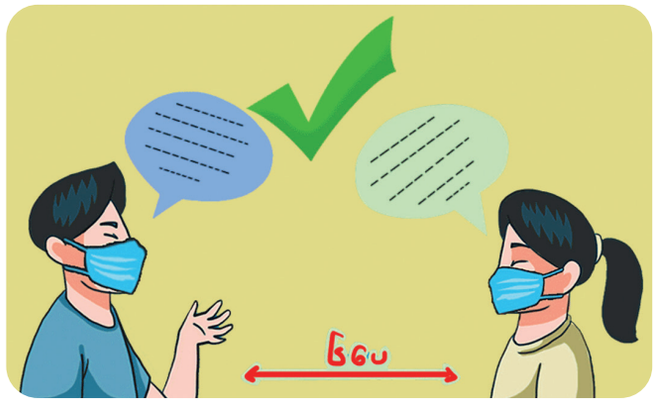
Severe risk groups

- Elderly people 65 years and older
- People with chronic diseases (e.g. hypertension, diabetes, cancer, respiratory diseases) and organ transplants (e.g. heart, liver, kidney).

Preventive measures in general

1. If possible, avoid public places.
2. Stay as far away from each other as possible, at least 6 feet.
3. Wear a mask outside your home.
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 (in particular public places).
6. When 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. If you have been in close contact with a person who has been diagnosed with COVID-19 in the last 14 days, please contact the responsible health department as soon as possible.
9. Participate fully in the quarantine process.
10. Boost your immune system by doing light exercise and sleeping and eating enough.

Maintain social distancing



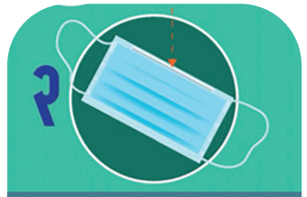
Preventive measures in public places

1. Ensure good ventilation of offices, class rooms, shops and restaurants. Keep windows open if possible.
2. If you cannot avoid being in a poorly ventilated room or a crowded place, wear your mask properly and wash your hands regularly.
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, clean your hands with hand sanitizer containing at least 75% alcohol.

Wear mask properly

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.