

Dear all,

COVID-19 outbreak has affected the social and economic reality of us all, regardless of the region or country. TME Education has already undertaken actions to keep its ambassadors, students and other team members safe. All the training, public gatherings and larger celebrations have been postponed and cancelled. However, due to the high incidence of Covid-19 and its highly contagious character, we would like to share with you sever guidelines to follow to keep your and your family's health safe.



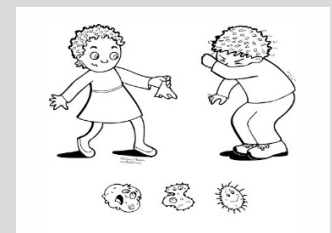
AM I SAFE? - WAYS OF GETTING INFECTED.

First of all, to stay safe, you have to be aware of what the ways of getting infected are. COVID-19 is being recognized as one of the most contagious pathogens. Similarly, like influenza, it is transmitted by contact, droplets and fomites. However, what makes it more contagious is its incubation time. Influenza takes around 3 to 5 days to show its first symptoms whereas for COVID-19 they can appear even after two weeks. Moreover, once someone is COVID-19 positive, one can be spreading the virus without even knowing it as the virus can be transmitted even during the asymptomatic state.

STAY AWAY FROM TROUBLE - WAY TO MINIMALIZE THR CHANCE OF INFECTION.

Coronavirus can be transmitted even by asymptomatic carriers. This means, that even a seemingly healthy person can be continuously infecting others without even knowing it. To prevent yourself from putting yourself at risk, please follow some simple rules.

Stay away from crowded places. Maintain a social distance of 1 meter (3 feet), especially if one is coughing or sneezing. The droplets can contain COVID-19 virus and you can breathe them in if you find yourself too close. Moreover, make sure you and the people in your environment practice respiratory hygiene, that means covering one's mouth with a bent elbow or a tissue while coughing or sneezing. The tissue must be disposed immediately!



Wash your hands frequently. Use soap or alcohol-based hand rub. Remember to take your time throughout the process, it should last at least 15 seconds. Carefully wash also the tips of your fingers, the spaces between then and your palm. If your tap doesn't turn off automatically, use a disposable towel to stop the water.

Keep in mind not to touch your face, mouth or eyes with dirty hands and to try to minimize this habit.

As we tend to touch many surfaces in public places, our palms are literally covered with viruses and bacteria that can be transferred to the rest of your body if you behave carelessly.

**SHALL I WAER A MASK
THE TRUTH REVEALED**

After the COVID-19 outbreak in China, the whole world has been flooded with images of people wearing hygienic masks. Everyone associates this element with protection, does it really work though? The WHO puts it clear: one needs a hygienic mask when contacting a COVID-19 positive person. Also, it might be useful when someone is coughing or sneezing. However, if the mask is not used correctly, it can bring more damage than benefit. First of all, clean your hands before putting the mask on. Secondly, make sure that it covers your mouth and nose and that there are no gaps between the mask and your face. Don't touch it while using it! Remove it without touching its front. Don't use a single-use mask more than once! If any of those steps are not fulfilled, the wearing the mask wouldn't help you, on the contrary, might accumulate more dangerous pathogens on its surface!



I AM NOT FEELING WELL - KEEP YOURSELF AND THE OTHERS SAFE.

Have you recently come back from a country with a high rate of COVID-19 cases? Stay at home and observe yourself for at least fourteen days. You might be a silent carrier and contaminate many people until the symptoms show themselves. If you feel unwell, please contact the local medical authorities. They will provide you with further instruction. The most common symptoms that can occur while infected by COVID-19 are:

FEVER

DRY COUGH

RESPIRATORY
PROBLEMS

FATIGUE

LOSS OF SMELL
AND TASTE

EYE
INFLAMMATION

Even when being infected you might not show any of the above, but by contacting the elders and those with weaker immunology system you put their health and lives at risk. Be responsible not only for yourself but also for the weaker around you!

MYTHBUSTERS - GET INFORMED. NOT FOOLED.

Don't let information overload and panic misguide you. Your mental health and security are as important as your physical condition. Stay informed about the current situation but search for reliable sources and professional media, that don't live off cheap thrills.

It is understandable that you will look for ways to stay safe and boost your immunology system but some of the ideas you can dig up on the Internet are just myths.

COVID-19 virus can't be transmitted in areas with hot and humid climates - in spite of what some people were hoping for, COVID-19 is as dangerous in a tropical climate as other conditions so the safety measurements have to be taken.

Cold weather and snow can kill the new coronavirus - nope, same as the hot and humid climate doesn't make it spread slower, cold temperatures are not likely to deal with it. You would have to freeze it to have a chance of getting rid of it.

Taking a hot bath prevents the new coronavirus disease - it will help you relax which is good but for sure will not prevent you from getting sick. Your body temperature is the same, regardless of the external temperature (we are mammals, not reptiles). Moreover, careful with hot water, you can burn yourself which can cause open wounds.

COVID-19 is transmitted by mosquito bites - fortunately, looks like it's not. Its main transmission channel is human contact. However, don't get too friendly with these insects because they can have some other diseases on board. Ultraviolet disinfection lamp can kill coronavirus - first of all, it will burn your skin, don't try it.

Spraying alcohol or chlorine all over your body can kill the new coronavirus - no, once you have a coronavirus inside your body, you can take an alcohol-bath and it wouldn't help, this would just burn the more delicate parts of your skin and irritate eyes.

Antibiotics help fighting coronavirus - no, same they won't help you with a flu. Antibiotics are used against bacteria which are living organisms, viruses are pathogens.

These are just a few examples of misinformation. Stay in touch with reliable sources of information like WHO.

Instead of spraying yourself with alcohol, we encourage you to rest well, take care of a healthy diet and to stay at home. Boost your immunological system by light exercises and keep your mind active.

STAY SAFE!

Together we'll go further!