

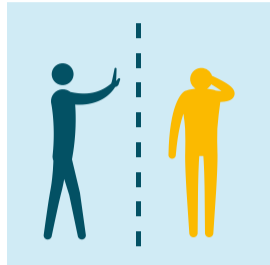
HOW TO STAY SAFE FROM COVID-19

SYMPTOMS

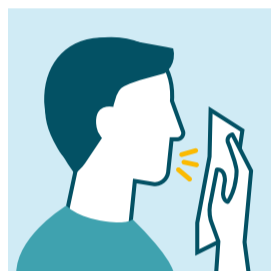
THINGS TO DO



Wash your hands frequently with an alcohol-based hand rub or with soap and water.



Maintain social distancing of 1 metre, follow a no-touch greeting, preferably hand waving.

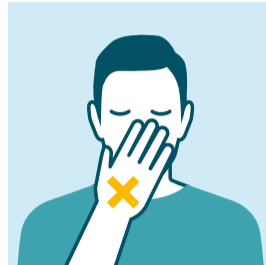


Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.



Wear a mask if you're sick, even when you are taking care of someone with the symptoms.

THINGS TO AVOID



Avoid touching eyes, nose and mouth as contaminated hands can transfer the virus into your body.



Do not spread rumours and only share real information coming through verified medical experts.



Avoid crowded places if you're sick to reduce the chance of spreading any infection to others.



If you have any symptoms, don't panic. Visit a doctor and take medicines as advised.



Fever



Cough



Shortness of breath



Sore throat



Headache

If you have any of the mentioned symptoms, have recently travelled to a high-risk country or have been in contact with someone suspected of being infected, here's what you should do:



Contact primary health care centre or book a telemedicine appointment with DHA on 800 342. Inform the doctor of your recent travel history and your symptoms.



Make sure to follow the doctor's instructions very carefully. If you were advised to isolate yourself from others, please avoid any kind of direct contact with people.

Keep these emergency numbers in hand:

Department of Health:
800 1717

Dubai Health Authority:
800 342

Ministry of Health & Prevention:
800 1111

DHA HEALTH CENTRES

Facility	Location	Working Days*	Facility	Location	Working Days*
Al Barsha Health Center	Al Barsha 3	7 days a week	Al Towar Health Center	Al Towar 1	All days except Friday
Nad Al Hamar Health Center	Nad Al Hamar	7 days a week	Nad Al Sheba Health Center	Nad Al Sheba	All days except Friday
Al Safa Health Center	Al Safa -Al Wasl	All days except Friday	Al Mamzar Health Center	Al Mamzar	All days except Friday
Al Badaa Health Center	Al Badaa	All days except Friday	Al Mizhar Health Center	Al Mizhar	All days except Friday
Al Mankhool Health Center	Al Mankhool	All days except Friday	Senior Happiness Center	Al Mamzar	7 days a week
Al Lusaily Health Center	Al Lusaily	All days except Friday	Za'abeel Health Center	Za'abeel 1	All days except Friday
Al Khawaneej Health Center	Al Khawaneej	All days except Friday			

*Please check the operating hours for each facility before visiting